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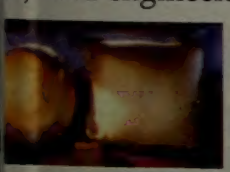
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Better Homes and Gardens (ISSN-0006-0151) is published monthly at $17 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. **Subscription prices:** One year $17 in the United States and its possessions. Canada, add $12 per year. Other countries, add $12 per year. Trademark registered in Canada and Australia. Marca Registrada en México. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. BOX 4536, DES MOINES, IA 50336-4536. JANUARY 1994. VOL 72, NO. 1.

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between friends



PERRY STRUSE

The New Year's Eve I remember most wasn't one filled with paper hats and noisemakers. There were no crowds and no "Auld Lang Syne." There were, instead, stars, snow-covered trees, a full moon lighting the deserted skating rink, and the kind of solitude that lets people sort themselves out and assess the exiting year.

This year's end, if I head for the ice (as I do nearly every winter weekend), my reflections will be drastically different. At 20-something my thoughts were of unrequited love and pending career choices—what any young writer at that time might ponder. Now, with maturity, I will reflect on friends I've lost too soon, homelessness and hunger throughout the world, and the growing concern over basic things such as clean air and fresh water.

But because I can't skate without feeling free-spirited, my thoughts will be bound to drift from tallying tragedies to counting my blessings—my family and home; an exciting, challenging job; and all the new friends I visit each month through this column.

And as I skim over the ice, imagining, as always, that I'm Sonja Henie or Peggy Fleming, I'll smile and say, "It's been a very good year!" My heartfelt wish for you is that your year has been good, too, and that 1994 will be even better!

Jean LemMon

Jean LemMon, *Editor in Chief*


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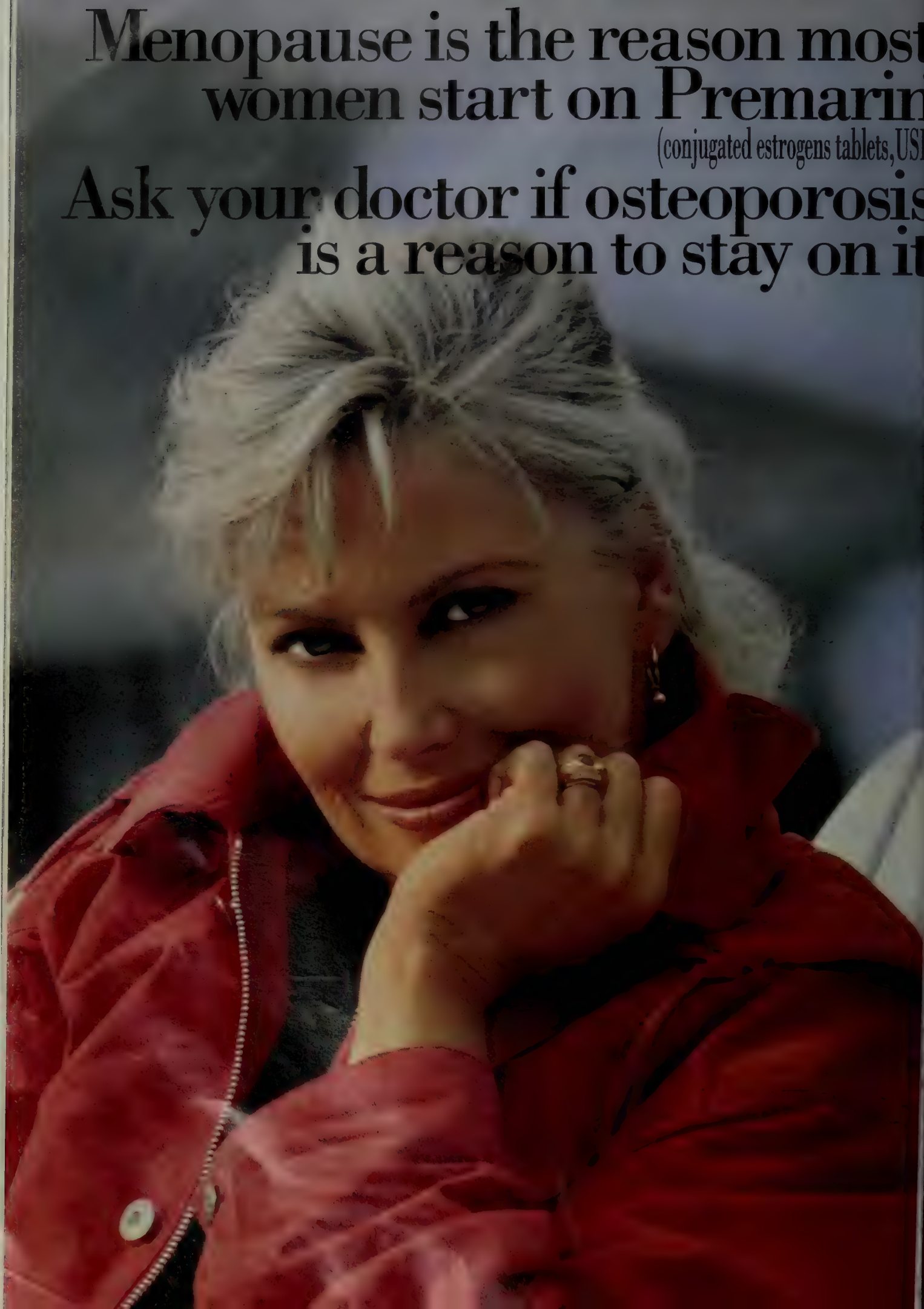
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The symptoms of menopause are very real: hot flashes, vaginal dryness and night sweats which may cause sleep disturbances.

For millions of women, these symptoms are effectively treated with estrogen replacement therapy.

And, the same treatment that relieves the symptoms of menopause can also help prevent osteoporosis (brittle bones), a disease that develops in about one of every four women over 50.

THE CONNECTION BETWEEN MENOPAUSE AND OSTEOPOROSIS.

After menopause, your body produces very little estrogen. Without estrogen, your bones can become fragile, more likely to break.

In fact, half of the bone mass women lose is lost in the first seven years after menopause begins. What's more, bone loss is irreversible. But even if some bone loss has occurred, estrogen can help prevent further loss. So it's important to ask your doctor if you're at risk of developing brittle bones.

HOW WOULD YOU ANSWER THESE IMPORTANT QUESTIONS?

Of course, some women are at greater risk for osteoporosis than others. This brief test will help determine your personal risk factor.

The more times you answer "yes," the greater your risk of developing osteoporosis.

RISK FACTOR TEST

QUESTION	YES	NO
1. Do you have a small, thin frame or are you Caucasian or Asian?	☐	☐
2. Do you have a family history of osteoporosis?	☐	☐
3. Are you a postmenopausal woman?	☐	☐
4. Have you had a hysterectomy?	☐	☐
5. Have you been taking thyroid medication or cortisone-like drugs for asthma, arthritis, or cancer?	☐	☐
6. Is your diet low in dairy products and other sources of calcium?	☐	☐
7. Are you physically inactive?	☐	☐
8. Do you now or have you ever smoked?	☐	☐

Clip out and take to your doctor.

ASK YOUR DOCTOR IF ESTROGEN THERAPY IS RIGHT FOR YOU.

Regular weight bearing exercise and calcium are important for everyone. However, for women at risk of osteoporosis, they may not be enough. Estrogen, as part of a total treatment program including diet and exercise, can be an effective way to help prevent osteoporosis. The estrogen doctors prescribe most is Premarin®. Premarin has been shown to reduce hip and forearm fractures by approximately 50%...so ask your doctor if it's right for you.

THE SIDE EFFECTS OF ESTROGEN SHOULD BE CONSIDERED.

As with all drugs, there can be side effects with estrogen. One is the possibility of developing cancer of the uterus. Be sure to discuss this with your doctor. If you've had a hysterectomy, you don't have this risk.

When you ask your doctor whether you're at risk for osteoporosis, it's also important to inform him or her about all issues relating to your personal health and family health history. This history should include instances of cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting, or heart disease.

While women entering menopause are not likely to become pregnant, estrogens should not be used during pregnancy because of possible risk to the fetus.

SYMPTOMS OF MENOPAUSE WILL PASS. THE RISK OF OSTEOPOROSIS WON'T.

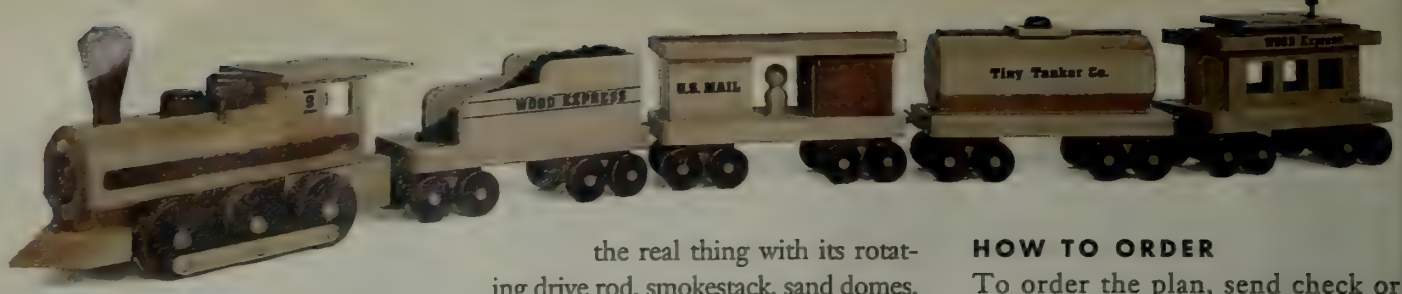
If you're one of the women at risk for osteoporosis, you need to find out about it. Your doctor may recommend estrogen replacement therapy. Premarin® is the most widely studied estrogen and the one doctors prescribe most. In fact, more than 7 million women in the U.S. alone rely on Premarin for the treatment of symptoms of menopause or as part of a program to help prevent osteoporosis.



(conjugated estrogens tablets, USP)

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Please be sure to read the important information on the following page.



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The plan includes complete instructions, a bill of materials, and a mail-order source for wheels, pegs, people, screw eyes, and dry transfer labels.

HOW TO ORDER

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Department W9401
Des Moines, IA 50306-9128

Price includes shipping, handling, and sales tax, if applicable.

BRIEF SUMMARY OF PRESCRIBING INFORMATION FOR THE PATIENT

PREMARIN® Brand of conjugated estrogens tablets, USP
This Summary describes when and how to use estrogens and the risks of estrogen treatment.

ESTROGEN DRUGS
Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable in view of their benefits. If you decide to start taking estrogens, check with your doctor to make sure you are using the lowest possible effective dose. The length of treatment with estrogens will depend upon the reason for use. This should also be discussed with your doctor.

USES OF ESTROGEN
To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries. The decrease in the amount of estrogen that occurs in all women, usually between ages 45 and 55, causes the menopause. Sometimes the ovaries are removed by an operation, causing "surgical menopause." When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest or sudden intense episodes of heat and sweating ("hot flashes"). The use of drugs containing estrogens can help the body adjust to lower estrogen levels.

Most women have none or only mild menopausal symptoms and do not need estrogens. Other women may need estrogens for a few months while their bodies adjust to lower estrogen levels. The majority of women do not need estrogen replacement for longer than six months for these symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of vertebrae, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as milk products) or taking calcium supplements (1,000 to 1,500 milligrams per day) and certain types of exercise may also help prevent osteoporosis.

Since estrogen use is associated with some risk, its use in the prevention of osteoporosis should be confined to women who appear to be susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white race, thinness, and cigarette smoking.

Women who had their menopause by the surgical removal of their ovaries at a relatively young age are good candidates for estrogen replacement therapy to prevent osteoporosis.

To treat certain types of abnormal uterine bleeding due to hormonal imbalance.

To treat atrophic vaginitis (itching, burning, dryness in or around the vagina).

To treat certain cancers.

WHEN ESTROGENS SHOULD NOT BE USED
Estrogens should not be used:

During pregnancy. Although the possibility is fairly small, there is a greater risk of having a child born with a birth defect if you take estrogens during pregnancy. A male child may have an increased risk of developing abnormalities of the urinary system and sex organs. A female child may have an increased risk of developing cancer of the vagina or cervix in her teens or twenties. Estrogen is not effective in preventing miscarriage (abortion).

If you are breast feeding. Many drugs are excreted in human milk and can be passed on to your baby. Therefore, estrogen therapy should be used only when your doctor decides it is clearly necessary.

If you have had any heart or circulation problems. Estrogen therapy should be used only after consultation with your physician and only in recommended doses. Patients with a tendency for abnormal blood clotting should avoid estrogen use. This includes patients who currently have clots in the leg (thrombophlebitis), or any other part of the body (thromboembolic disorder). (See below.)

If you have had undiagnosed vaginal bleeding. If you have ever had abnormal bleeding from the vagina estrogens should not be used unless you have talked to your physician about this problem.

If you have had cancer. Since estrogens increase the risk of certain cancers, you should not take estrogens if you have ever had cancer of the breast or uterus. In certain situations, your doctor may choose to use estrogen in the treatment of breast cancer.

When they are ineffective. Sometimes women experience nervous symptoms or depression during menopause. There is no evidence that estrogens are effective for such symptoms. You may have heard that taking estrogens for long periods (years) after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence that this is so and such long-term treatment may carry serious risks.

DANGERS OF ESTROGENS
Cancer of the uterus. The risk of cancer of the uterus increases the longer estrogens are used and when larger doses are taken. One study showed that when estrogens are discontinued, this increased risk of cancer seems to fall off quickly. In another study, the persistence of risk was demonstrated for 10 years after stopping estrogen treatment. Because of this risk, *it is important to take the lowest effective dose of estrogen and to take it only as long as you need it.* There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pressure.

If you have had your uterus removed (total hysterectomy), there is no danger of developing cancer of the uterus. If you have your uterus, please refer to the section titled **"OTHER INFORMATION."**

Cancer of the breast. The majority of studies have shown no association with the usual doses used for estrogen replacement therapy and breast cancer. Some studies have suggested a possible increased incidence of breast cancer in those women taking estrogens for prolonged periods of time and especially if higher doses are used.

Regular breast examinations by a health professional and self-examination are recommended for women receiving estrogen therapy, as they are for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbladder disease needing surgery than women who do not use estrogens.

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can cause a stroke, heart attack or pulmonary embolus, any of which may be fatal.

Heart disease. Large doses of estrogen in men have been shown to increase the risk of certain heart diseases. This may not necessarily be true in women. In order to avoid the theoretical risk of high doses, the dose of estrogen you take should not exceed the dose recommended by your doctor.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with breast and/or bone cancer

SIDE EFFECTS
In addition to the risks listed above, the following side effects have been reported with estrogen use:

- Nausea, vomiting; pain, cramps, swelling, or tenderness in the abdomen.
- Yellowing of the skin and/or whites of the eyes.
- Breast tenderness or enlargement.
- Enlargement of benign tumors of the uterus.
- Breakthrough bleeding or spotting.
- Change in amount of cervical secretion.
- Vaginal yeast infections.
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, or kidney disease.
- A spotty darkening of the skin, particularly on the face; reddening of the skin; skin rashes.
- Worsening of porphyria.
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses).
- Mental depression.
- Involuntary muscle spasms.
- Hair loss or abnormal hairiness.
- Increase or decrease in weight.
- Changes in sex drive.
- Possible changes in blood sugar.

REDUCING RISK OF ESTROGEN USE
If you decide to take estrogens, you can reduce your risks by carefully monitoring your treatment.

See your doctor regularly. While you are taking estrogens, it is important that you visit your doctor at least once a year for a physical examination. Special attention should be given to blood pressure, breasts, abdomen, and pelvic organs. A Pap smear should be taken and tested at this visit. If members of your family have had breast cancer or if you have ever had breast nodules or an abnormal mammogram (breast x-ray), you may need to have more frequent breast examinations. Also be sure to let your doctor know if you have ever had liver or kidney disease, as this may affect the decision to use estrogen.

Reevaluate your need for estrogens. You and your doctor should reevaluate your need for estrogens at least every six months.

Be alert for signs of trouble. Report these or any other unusual side effects to your doctor immediately:

- Abnormal bleeding from the vagina.
- Pains in the calves or chest, a sudden shortness of breath or coughing blood (indicating possible clots in the legs, heart, or lungs).
- Severe headache, dizziness, faintness, or changes in vison, indicating possible clots in the brain or eye.
- Breast lumps.
- Yellowing of the skin and/or whites of the eyes.
- Pain, swelling, or tenderness in the abdomen.

OTHER INFORMATION
Some physicians may choose to prescribe another hormonal drug to be used in association with estrogen treatment for women with a uterus. These drugs, progestins, have been reported to lower the frequency of occurrence of a possible precancerous condition of the uterine lining. Whether this will provide protection from uterine cancer has not been clearly established. There are possible additional risks that may be associated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable effects on blood fats and sugars. The choice of progestin and its dosage may be important in minimizing these effects.

Your doctor has prescribed this drug for you and you alone. Do not give the drug to anyone else.

If you will be taking calcium supplements as part of the treatment to help prevent osteoporosis, check with your doctor about the amounts recommended.

Keep this and all drugs out of the reach of children. In case of overdose, call your doctor, hospital, or poison control center immediately.

This Summary provides the most important information about estrogens. If you want to read more, ask your doctor or pharmacist to let you read the professional labeling.

This Brief Summary for Direct-to-Consumer Advertising is based on the current Premarin Tablets insert, PI 4143-2, Issued June 29, 1993 with the incorporation, in lay language, of pertinent text from the Physician insert, CI 4119-3, Issued June 21, 1993.

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green and lustrous gold and a border of hum-
birds and flowers.

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. And like exceptional collector's plates that
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Ruby-throated Hummingbird" appears to
what it takes to go up in value once the edi-
closes.

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$29.50—fully backed by our unconditional
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W. S. George

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LHB-27SS

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22-karat gold highlights and three gold bands are enhanced by an intricately detailed border
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Shown smaller than actual diameter of 7¾ inches

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family network

READERS' SOLUTIONS

WELCOME BASKETS

My small neighborhood welcomes newcomers by putting together welcome baskets. We get a large basket with a cloth liner and arrange it with gifts—a bottle of wine, a bouquet of flowers, homemade goodies, and other items.

Connie Spilman
York, Pa.

TRAVEL DIRECTIONS

When we decided to visit our daughters in Seattle, we were nervous about driving in traffic. They sent us a cassette tape with a note saying: "Play this when you reach I-405 on I-90." As we drove along, their voices guided us into proper lanes, over a floating bridge and through a tunnel. After a maze of left and right turns, we finally reached their residence, just as the tape said, "Welcome. You're here."

Lillian Swoboda
Battle Creek, Neb.

BIRTHDAY MESSAGES

Our family recently celebrated the 90th birthday of a woman who is a great-grandmother in a large family. Each family member was asked to bring the same gift—a recorded message. The tapes included humorous remembrances, old family stories, songs, or poems. Grandma, whose mind is very sharp, listened closely, eyes beaming. Young or newer family members learned snatches of family history. The expressions on her face showed that these were the best presents she could have received.

Cindy Baney
Fishers, Ind.

LOST AT THE BALLPARK

While attending a baseball game at Fenway Park, I noticed a child who, upon returning from the snack bar, was unable to find where his family was seated. He found a security guard, who immediately asked if he had a ticket stub. Fortunately, the youngster had the stub in his pocket, and the guard escorted him back to his family's seating section. Parents should remember to give children their ticket stubs in case they become lost while attending crowded events.

Ellie Perrier
Holyoke, Mass.

SIGNAL WITH SHADE

When the elderly woman next door became widowed, she was very worried about being alone. When I offered to check on her every day, she refused, saying it would be too much trouble. I was able to ease her fears in this simple way: Her bedroom window faced my driveway, so I told her to raise her window shade when she awoke in the morning and lower it in the evening to signal that everything was OK.

Elsie Anzalone
Long Beach, Calif.

WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of Better Homes and Gardens®. We will pay $50 for each idea published.

New Corvette® Vac by Eureka.

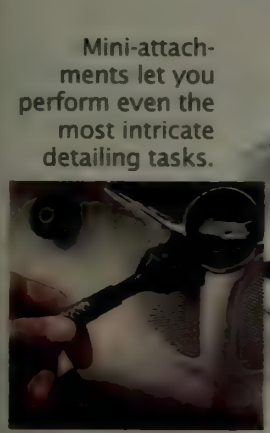
All The Performance You'd Expect From A Vac Named Corvette.

It's the machine that gets your car show-quality clean. Corvette Vac by Eureka. Featuring 10 attachments that give you a license to detail as thoroughly as the pros. Plus the power of a 19,000 RPM motor with a revolving brush that sucks out even embedded dirt. Its unique design also makes cleaning seat backs easier–with Eureka's exclusive Riser Visor™ that flips up for vertical surfaces. And if you like what this baby does for your car, wait'll you see what it can do for your home. Corvette Vac by Eureka. Leaves other hand vacs in the dust.



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Cooks Who Know Trust Crisco

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by Douglas A. Jimerson
and Julie A. Martens

Our picks for 1994

Start the new year with some of this year's newest—and best—plant introductions. We grew most of these newcomers in the *Better Homes and Gardens* Test Garden last summer, so we can speak about them from firsthand experience. This year's list includes vegetables, flowers, herbs, and roses.

Peppermint Patty Portulaca

When it comes to hot, dry conditions, [illegible] match for portulaca. It's a sun-loving, ground-hugging annual and will grow in about any garden. Peppermint Patty's uniquely colored flowers are pink with deep rose flecks on petals, and gold centers.



Caribbean

The warm orange and gold tones of a tropical sunset are reflected in the flowers of Caribbean. Growing 4 feet tall, this new grandiflora makes a magnificent low hedge or specimen plant for the back of your rose border. Caribbean grew slowly at first, but it took off by mid-summer. The blooms are slightly fragrant.



PHOTOGRAPHS: EDDO HUGH; FOOD STYLIST: SHARON HAVLIN

Our picks for 1994

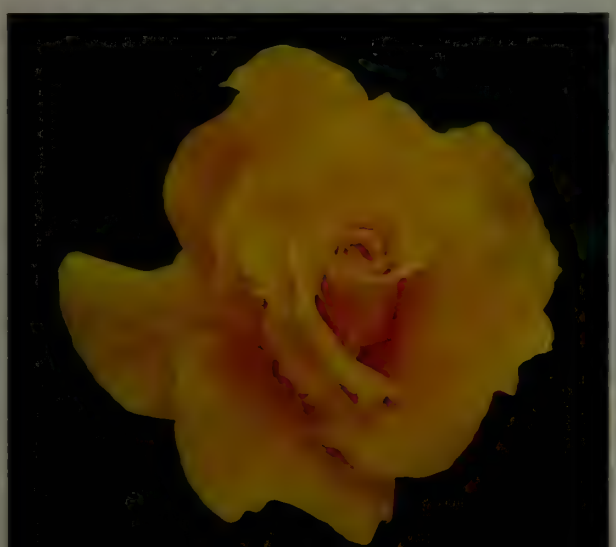
Since 1939 the All-America Rose Selections has been evaluating new roses in test gardens across the country. This year they've given their coveted green and white seal of approval to a trio of spectacular newcomers.

Secret Rose

There's no telling how many Secret roses you'll want to grow once you experience this hybrid tea's fragrant, soft pink and cream flowers. In our Test Gardens, Secret grew about 3 feet tall and produced a seemingly endless supply of 4½-inch-wide blooms. The plant has long stems and makes great cut flowers. It's also mildew resistant.

Midas Touch

It's been 19 years since a yellow hybrid tea rose was considered good enough to win an AARS award. But finally, Midas Touch, with its rich, clear yellow petals, is getting the royal treatment. The plants are vigorous and productive, growing 4 to 5 feet tall with large quantities of 4-inch-wide flowers.

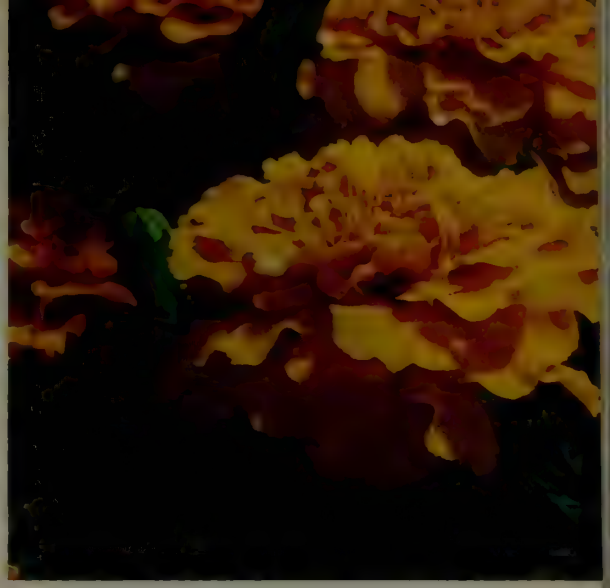


To order the All-America Roses, see page 26



Our picks for 1994

It's always fun to experiment with new varieties. Here's a quartet of terrific newcomers that grew well in our Test Gardens.



Yellow Gate Marigold

One of the best dwarf marigolds has just gotten better! Yellow Gate, *right,* and Orange Gate are the new flower colors in this hardy, disease-resistant family of marigolds. We edged all the beds at the Test Garden with Yellow Gate marigolds. The 3-inch double flowers set off beds with bold color all summer long. First flowers on plants started from seed will be single, but subsequent flowers in the garden are double.



Princess Pink Dianthus

If you're wanting a new addition for containers or window boxes, take a close look at Princess Pink dianthus, *left.* Plants are small and compact (about 6 inches tall), and they're tough, too. They bloomed through July's heat and rain in the Test Garden. Try pairing Princess Pink with alyssum for a colorful border.

Rose Splash Select Hypoestes

Hypoestes is a relative newcomer to the flower garden, providing color in foliage, not flowers. In our Test Gardens, Rose Splash Select's rose and green foliage, *right,* really "lit up" dark corners of the landscape. It's ideal for shaded beds and borders and also does well in containers paired with other shade lovers, such as pink impatiens. Plants grow about 4 inches tall.



Spectra Salmon Shades New Guinea Impatiens

Unlike typical shade-loving impatiens, New Guinea impatiens can take some sun. We grew Spectra Salmon Shades, *right,* in large pots on an east-facing patio. The plants provided nonstop color on 9-inch-tall stems. Some New Guinea impatiens have variegated foliage, but Salmon Shades has solid green leaves that let the flowers take center stage. Spectra New Guineas will also put on a good color show in partially shaded flower beds.

PHOTOGRAPHS: PETER KRUMHARDT

Our picks for 1994

The All-America Selections awards medals to superior new vegetable, flower, and herb varieties. This year, two vegetables and an herb were honored. To order the All-America Seed Collection, see page 26.



PETER KRUMHARDT

Big Beef Tomato

Even though our Iowa summer was cool and wet, Big Beef tomato produced crops of large, luscious slicing tomatoes. Big Beef is a vigorous indeterminate variety that requires a strong cage or stake to keep it from toppling.



ALL-AMERICA SELECTIONS

Lavender Lady

Highly fragrant, deep-blue flowers are Lavender Lady's main attraction. It grows easily from seed, but plants are slow growing so be sure to sow seeds under grow lights in late winter. Plants are compact and drought resistant.



PETER KRUMHARDT

Fanfare Cucumber

Fanfare produces fruits on short, easy-to-manage vines. In fact, Fanfare is so compact you can grow it successfully in a tub or a planter. The dark green, 9-inch-long fruits begin to mature just 63 days after planting.

Our new Test Garden

This year we've built an additional Test Garden to handle the growing number of introductions we're receiving from growers across the country. The finished garden measures 40×60 and contains 12 raised beds and a brick patio where we can experiment with container plants. Here's how we built our new Test Garden.

Buying information, see page 120

Lumber provided by Western Wood Products Association
Brick provided by Glen-Gery brick
Garden construction: PBS Landscaping, Johnston, IA





1. First, we designed the garden on graph paper. Then we leveled the ground and set the corner posts for our raised beds. String lines helped us keep the posts straight.



2. When all the posts were in place, we dug a shallow, level trench between them. Then we set a pressure-treated 2×8 in the trench and fastened it to the posts with wood screws. We continued to add 2×8s until the 12 beds were completed.



3. After the beds were constructed, we tilled the soil within them. Then we added a mixture of new soil and Canadian sphagnum peat moss until it was almost level with the top of the boards.

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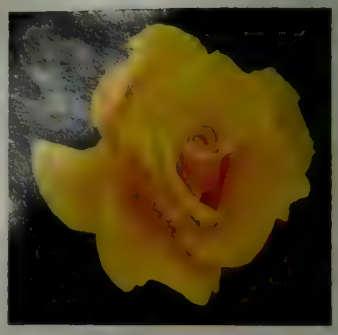
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You'll find Kuku Gorilla at your neighborhood store where there are friendly people to help you find that special gift. Or for retailers in your area call 1-800-343-RUSS.



SHOPPING

All-America Collection



To order the All-America Roses shown on *page 21* with your Mastercard, Visa, or American Express, call *Better Homes and Gardens*® Reader Shopping Service at 800/881-4066. Be sure to specify "Secret" (pink and cream), "Caribbean" (orange), or "Midas Touch" (yellow).

The price for one rose is $17.95, two roses is $33.95, and three roses is $48.95; additional roses cost $14.00 each. A charge of $7.50 per order (regardless of the number of roses ordered) will be added to the price for shipping, handling, and sales tax, if applicable.

Please Note: Order early; All-America Roses are available in limited quantities, and we can accept orders on a first-come, first-served basis only. Orders will be shipped at the proper time for planting in your area of the country. Sorry, no shipments to Alaska, Hawaii, Puerto Rico, or Canada.



To order a packet containing the two All-America Vegetable Seed winners (Big Beef Tomato and Fanfare Cucumber) plus the All-America Herb Winner (Lavender Lady), send check or money order for $9.95 to *Better Homes and Gardens* Reader Shopping Service, P.O. Box 9128, Department 9401, Des Moines, Iowa 50306-9128. Price includes shipping, handling, and sales tax, if applicable.

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THEIR WORLD

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f you've watched a child's first encounter with sand and water, you know children are eager to rn and discover. A good thing, too. r curiosity—the simple desire to ow and learn—is a key to your ld's success in school and beyond.

CLASSROOM-TESTED TIPS

How can you excite your child's curiosity? Here are eight great ideas for doing just that. These tips will show you how to use books to help kids explore the world they know, the world they want to know and the world they don't even know exists.

1. Interest Catalogue. "Make an inventory of your child's interests," suggests Susan Paprocki, a language arts enrichment teacher at the Avoca Schools in Wilmette, Illinois. "List letters A-Z on a large poster board. Then have your child print the name of a person, place or thing that begins with each letter. Review the list, circle topics that appeal to your child and get books on those subjects."

2. Sign Sightings. Delight your child with reading discoveries outside the home, says Johnnie Moultrie, a paraprofessional at Philadelphia's Anna Lane Lingelbach School. "Make an effort to read signs, billboards and other meaningful print that you and your child see everyday," she says. "Eventually, your child will begin seeking out similar signs to read to you!"

Begin your adventures in sign literacy with Tana Hoban's companion wordless picture books, *I Read Symbols* and *I Read Signs* (both Greenwillow, 1983). Books like these show kids that reading provides information about the outside world.

3. Label Tours. A great way to remind kids of their links to worlds beyond their own comes from Ann Lessard, a second-grade teacher at the Peterborough (New Hampshire)

Continued on page A10



Curiosity Begins with You

Encouraging your child's curiosity doesn't require pricey toys or games. It requires you. "What works for young people," says Dr. David Elkind, a ofessor of child study at Tufts University in Medford, Mass., "is for parents to be curious mselves." From what makes soap work to where sink drains lead, your daily routines raise nderful questions you can explore with your child. "Just do the things you normally need d want to do," says Elkind, the best-selling author of *Miseducation* (Knopf, 1987) and *The rried Child* (Addison-Wesley, 1988), "but do them with your child."



Tear out and save!

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Are Your Kids Eager To Read?

A LETTER TO PARENTS

Dear Parent:

At Chrysler Corporation, we know that our future depends on the creativity of our people.

We are also convinced that creativity must be nurtured in our young people if we are to continue to be leaders in the global economy.

In order to become creative problem-solvers, our children must first become avid readers who use books to explore ideas.

With our partners, the American Federation of Teachers and the Association for Supervision and Curriculum Development, we have prepared the ideas in these pages to help you work with your children.

We hope you will use the ideas presented here to encourage your children's curiosity and creativity.

Robert J. Eaton
Chairman, Chief Executive Officer
Chrysler Corporation

If you want your children to develop a lifetime love of reading, get involved early and *stay involved* well after the kids have learned to read.

Recently that message was given new urgency by the 1993 *AFT-Chrysler Report on Kids, Parents and Reading*. Based on a nationwide survey, the report shows that the proportion of children who dip into a book a few times a week drops by half—from 86 to 42 percent—between the ages of 9 and 17.

"The decline is so striking it can only be dismaying," says Dr. Frederick Hartwig of Peter D. Hart Research Associates, which conducted the survey. "The written word plays a vital part in a functioning society, a successful democracy and a competitive economy."



What cuts more deeply into reading time the older kids get? An increasingly busy social life, for one thing. Asked how they would use an extra hour each day, 75 percent of the 9- to 17-year-olds surveyed said they would spend it with friends or playing sports. Only 12 percent said they would spend the time reading books or magazines.

The survey also found that most young people believe that a knowledge of math and computers will contribute far more than reading to their future success. Interestingly, parents and teachers polled for the 1992 *AFT-Chrysler Report on Kids, Parents and Reading* called reading the most essential skill.

How can adults convince their children to share their values about reading? A good place to look for answers, Dr. Hartwig believes, is among the better students—the kids in the more recent survey who describe themselves as active readers. Two-thirds of them talked about their parents' infectious enthusiasm for the written word. "The single biggest factor affecting young people's reading habits," Dr. Hartwig concludes, "is the extent of parental involvement in children's reading."

What's your family's CQ?
(Curiosity Quotient, of course!)

How stimulating is the environment you've created for your child? What you know and how you think could provide some answers. This test will show why. Check each statement *True* or *False*.

1 There's no connection between eating dinner as a family and a child's academic success. ❑ True ❑ False

2 Once kids become readers, they no longer enjoy being read to. ❑ True ❑ False

3 To help your child really improve as a reader, you have to make a big time commitment to reading together. ❑ True ❑ False

4 True literacy consists of more than just knowing how to read and write. ❑ True ❑ False

5 It's best to correct a child's misspellings as early as possible. ❑ True ❑ False

6 Television has little use as a learning tool for your child. ❑ True ❑ False

7 Role-playing develops imagination but not skills. ❑ True ❑ False

8 For you to advance your child's understanding of science, you must have special materials and a command of the subject yourself. ❑ True ❑ False

9 It's more important to teach your child where to find information than to provide the information yourself. ❑ True ❑ False

10 Adults should avoid using big words when talking with young children. ❑ True ❑ False



ANSWERS

1. False. Children who regularly have dinner with adults score higher on college entrance tests. One reason: Dinner chat builds a child's vocabulary.

2. False. Of kids 9 to 17 years old who responded to the 1993 *AFT-Chrysler Report on Kids, Parents and Reading*, more than one-third said their mothers or fathers still read to them. And fully 80 percent of this group said they liked it!

3. False. Even reading with your child just five minutes a day can enhance your youngster's fluency and comprehension. Experts say that reading together is the *single most important way* you can develop your child's reading skills.

4. True. Literacy involves "the ability to process information for a purpose," says Arnold Packer, main author of *The SCANS Report* (U.S. Secretary of Labor's Commission on Achieving Necessary Skills). For example, the child who writes a "business plan" for a paper route is using information to achieve a goal. Help your child think about the role of reading and writing in your job and those she performs.

5. False. Marie Clay, author of *Writing Begins at Home*, explains that invented spelling—writing words the way they sound—can "lead to a control over writing that frees the child to write messages he wants to write."

6. False. "Use TV as the resource it really is," says Dorothy Rich, founder of the Home and School Institute and author of *MegaSkills*. She recommends shows that relate to family members' hobbies and interests. Afterward, look for books that expand on program content.

7. False. Dramatic play is an important means of developing oral language. As children pretend to take phone messages, make shopping lists and so on, they learn the functions of reading and writing.

8. False. Good science teaching builds on everyday experiences such as bathtub water play and collecting and sorting rocks. Together, turn to books to seek out answers to your child's (and your own!) questions.

9. True. Experts agree that kids need to learn to acquire, evaluate and communicate information. Helping your child learn where to find data—in a library, in a museum, from an expert—lets your child develop these key information skills.

10. False. Research shows that children's language develops by listening to those around them. Using big words and speaking in complete sentences helps expand a child's language skills.

YOUR FAMILY'S CQ

** 1-5 correct—Novice Level but will rise fast as you practice some lessons learned here.*

** 6-8 correct—Well Above Average.*

** 9-10 correct—Exceptional!*

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21 Windows on the World



Children can be passionate about a wide range of topics, from kids in other lands to threatened rain forests. Here's a sampler of books that will excite your child about the diversity of the world around them. The list was assembled by Judy Freeman, author of *Books Kids Will Sit Still For: The Complete Read-Aloud Guide* (Bowker, 1990).

Coal Mine Peaches, by Michelle Dionetti (Watts/Orchard, 1991 [P]).
Everybody Cooks Rice, by Norah Dooley (Carolrhoda,1991 [P]).
The Fire Children: A West African Creation Tale, by Eric Maddern (Dial, 1993 [P]).
How the Ox Star Fell from Heaven, by Lily Toy Hong (Albert Whitman, 1991 [P]).
Masai and I, by Virginia Kroll (Four Winds, 1992 [P]).
Mother Earth's Counting Book, by Andrew Clements (Picture Book Studio, 1992 [P]).
Rosie and the Yellow Ribbon, by Paula dePaolo (Little, Brown, 1992 [P]).
Somewhere in Africa, by Ingrid Mennen and Niki Daly (Dutton, 1992 [P]).
This Is My House, by Arthur Dorros (Scholastic, 1992 [P]).
Yo! Yes? by Chris Raschka (Orchard, 1993 [P]).
The Araboolies of Liberty Street, by Sam Swope (Crown, 1989 [P/I]).
Aunt Harriet's Underground Railroad in the Sky, by Faith Ringgold (Crown, 1992 [P/I]).
Communication, by Aliki (Greenwillow, 1993 [P/I]).
How My Family Lives in America, by Susan Kuklin (Bradbury Press, 1992 [P/I]).
Let's Go Traveling, by Robin Rector Krupp (Morrow, 1992 [P/I]).
Mary McLean and the St. Patrick's Day Parade, by Steven Kroll (Scholastic, 1991 [P/I]).
My Grandmother's Journey, by John Cech (Bradbury, 1991 [P/I]).
Pass It On: African-American Poetry for Children, selected by Wade Hudson (Scholastic, 1993 [P/I]).
Dear World: How Children Around the World Feel About Our Environment, Lannis Temple, ed. (Random, 1993 [I/U]).
The Helping Hands Handbook, by Patricia Adams and Jean Marzollo (Random, 1992 [I/U]).
It's Our World, Too! Stories of Young People Who Are Making a Difference, by Phillip Hoose (Joy Street, 1993 [U]).



Make Library Time Discovery Time

Does everyone in your family have a library card? If not, you may be missing out on a cost-free family expedition—the weekly library visit. Check out books that help kids explore the world of libraries and reading. Barbara Elleman, editor of the American Library Association's *Book Links*, recommends:

- *How a Book Is Made,* by Aliki (HarperCollins, 1986 [I]).
- *Walter's Magic Wand,* by Eric Houghton (Watts/Orchard, 1990 [P/I]).
- *Who Stole the W[illegible]?* by Avi (Knopf, 1981 [I]).
- *Help! I'm a Prisoner in the Library,* by Eth Clifford (Houghton, 1979 [I/U]).

Age Level Key: [P]=Primary, ages 4-7; [I]=Intermediate, ages 7-10; [U]=Upper, ages 10-14

READING ON THE RUN

rd games can help you squeeze fun and learning out of ordinary utines—anyplace, anytime. Try these games today to help your ild develop a love for nguage and discovery.

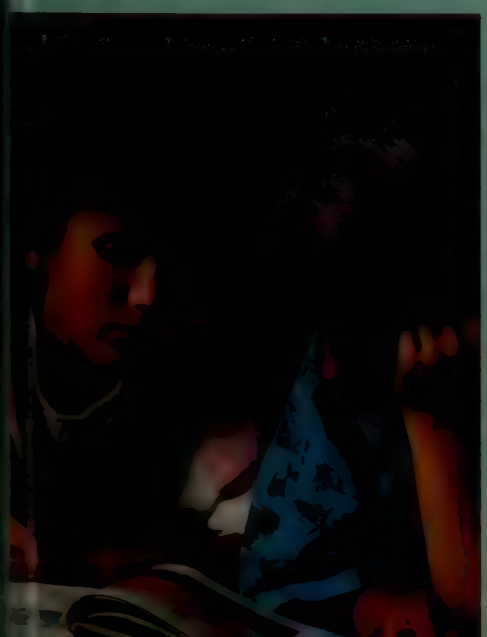
"Describe and Conquer." hallenge your children's escriptive powers and you'll harpen their attention to etail and expand their ocabulary. When doing undry, take turns coming up ith words to describe an item uch as a towel. Obvious rms will pop up first—words uch as *white, cotton, ectangular, fluffy, soft* and *ur-cornered.* Older children ill move on to more ophisticated labels, such as *achine-woven* or *absorbent.*

"Categories." This game, eatured in the book *Are We here Yet?* (Rand McNally, 993), will help your child hink more logically and nowledgeably. Select a ategory—farm animals, for xample, or book titles or round objects—then take turns naming tems within that category. Continue until one player repeats an item or can't think of another.



"Improvisation." Lisa Lyons Durkin, author of *Parents and Kids Together Everyday* (First Teacher Press, 1992), suggests this twist to help kids order data and envision alternatives. Sing "Old MacDonald," but give the farmer a "nut farm," a "fruit farm," a "bird farm"—even a "hamburger farm!" You can then alter the rest of the song words to fit.

"Grandmother's Trunk." Here's one resurrected by Phil Wiswell, author of *Kids' Games* (Doubleday, 1987). A classic memory game, it challenges three or more players to list things Grandmother might take on a trip. After the first player names an item ("I put a radio in Grandmother's trunk"), the second player recalls the first item and adds another ("I put a radio and a bar of soap . . ."). And so it goes until someone has a memory lapse. With older children, pack the trunk for a specific trip—an African safari, an underwater expedition or a flight to outer space.

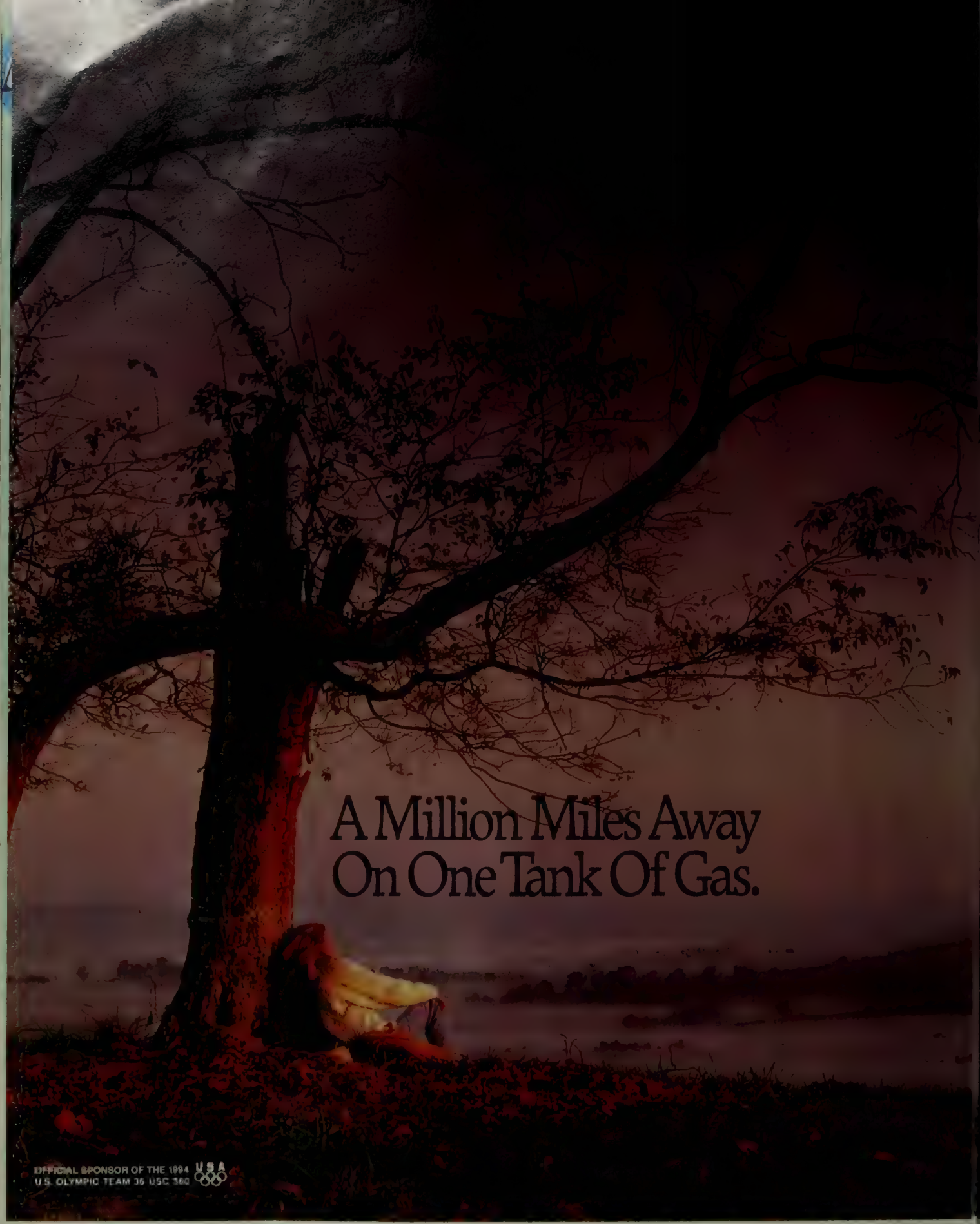


KID SMARTS!

How can you get children to use their heads? "Ask them to think about what they read," suggests Dr. Esther Fusco, principal of the Scraggy Hill School in Port Jefferson, New York. Dr. Fusco, who runs an Association for Supervision and Curriculum Development thinking-skills network for fellow educators, advises parents to use open-ended questions.

Examples: **What's the main character like? What problem must the main character try to solve? What does the main character do about the problem? How does the story turn out? How good was this story, compared with others we've read?**

"Don't overdo it," she warns. "Let the questions stimulate dialogue—and fun."



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TIPS

Continued from page A1

Elementary School. "Use labels to spur an interest in geography," she says. "Help your child trace a favorite cereal, article of clothing or toy back to its place of origin. Provide an atlas, map and some books that explain more about the relevant geography, cultures and history."



4. Parent-Child Read-Alongs. Parents can extend their child's interests by keeping up with the youngster's reading. "If you know what your child is reading, you can talk about it," says Fred Brown, principal at the Boyertown (Pennsylvania) Elementary School and president-elect of the National Association of Elementary School Principals. "You can bring your adult experience to the discussion. This will add a new dimension to your child's understanding of the subjects he is reading about. What you're doing, really, is forging common frames of reference for both of you to explore through reading in the future."

5. Answer Books. Across the country at the Jefferson (Oregon) Elementary School, Larry Buschman also promotes shared reading as a way to bring the outside world into your child's life. "Read to and with your child long after your child begins reading independently. And take the time to find books that answer your children's questions," urges this second-grade teacher. A current favorite: Eve Bunting's 32-page gem, *Fly Away Home* (Clarion, 1991), a powerful story about a homeless boy and his underemployed father.

6. Bridge Builders. Any parent would do well to copy Valerie Williams' technique for exciting children about brand-new topics. This first-grade teacher at the E.M. Baker Elementary School in Great Neck, New York, enjoys exploring tough topics like mythology, which teachers of 6-year-olds usually avoid.



The secret of her success? She builds bridges to new topics with stories. "I don't say what mythology is or talk about it," she explains. "What I do is retell myths in my own words. Afterward, when I introduce picture books and storybooks about myths, the children aren't afraid of the subject. It's no longer foreign to them."

7. Models of Success. Mary Angeli urges parents to set an example. "Kids don't see adults reading enough," says this third-grade teacher at the William R. Day School in Canton, Ohio. "Your children may not know that reading is a great way to explore the world. You can show them, just by letting your children see you reading about gardening, travel, sports—anything that interests you. Don't be surprised to find your kids picking up books and magazines about their interests on their own!"

8. On Location. If you're lucky enough to live near a literary setting, as A. Howard Brown does, you can show your child the world outside your front door through a writer's eyes. Brown teaches English at George Washington Middle School in Ridgewood, New Jersey, the setting of some of Mary Higgins Clark's best-selling mysteries. "Books that spotlight a town or state the child is familiar with can get her to look at her world in an entirely new light," Brown says.

Stepping Stones to the Unknown

◆

Help children choose books that move them gradually beyond their world.

◆

Dinosaur-fascinated kids might begin with Patricia Whitehead's *The Dinosaur Alphabet Book* (Troll, 1985).

◆

Then they can move on to Franklyn M. Branley's *What Happened to Dinosaurs?* (HarperCollins, 1991)

◆

Finally, introduce them to the world of archaeology with Aliki's *Digging Up Dinosaurs* (HarperCollins, 1981).

Writing for Change

Do you encourage your socially aware youngsters to speak their minds through letters? You should, psychologists say. Writing letters to editors and public officials teaches children that their opinions are valuable. Educators promote the practice for its power to sharpen language skills. And Phillip Hoose, author of *It's Our World, Too! Stories of Young People Who Are Making a Difference* (Joy Street, 1993), recommends letter writing as a way to help kids clarify their thoughts. "It strengthens their ability to organize data," he says. "And it gets them to state their views logically and briefly."

Here are Hoose's guidelines for writing effective letters: (1) Be personal. Say who you are and why you care. (2) Keep your letter neat. (3) Address it to the person who has the power to make the change you want. (4) Be specific. Explain exactly what you want the person to do. (5) Include details that show you understand the views of those who disagree with you. (6) Send copies to other influential people in your community, and list their names on your original letter.

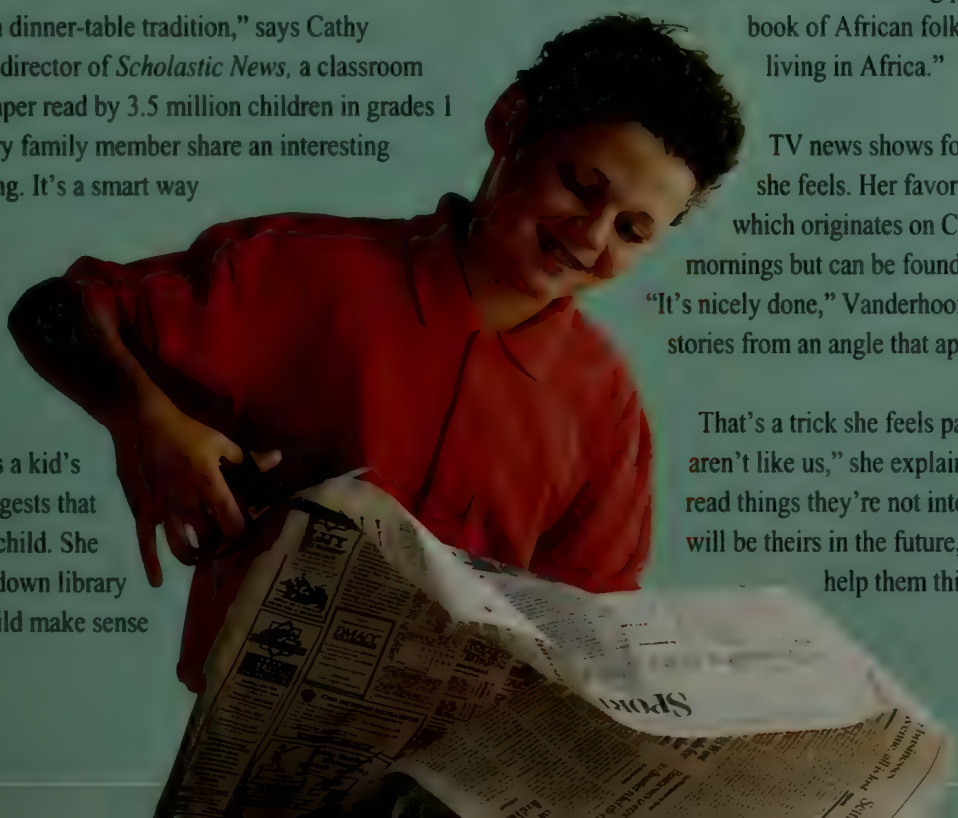


It's News for Kids

What's news to you may have no impact in your child's narrower world. But if you broaden that world you can give your child a healthy boost. According to the U.S. Department of Education, kids who discuss current events at home tend to be higher achievers at school.

"Make news sharing a dinner-table tradition," says Cathy Vanderhoof, editorial director of *Scholastic News*, a classroom current-events newspaper read by 3.5 million children in grades 1 through 6. "Have every family member share an interesting news item each evening. It's a smart way to encourage family communication and develop the newspaper-reading habit."

If your local paper has a kid's page, Vanderhoof suggests that you read it with your child. She also advises tracking down library books to help your child make sense of news items that are loaded with emotion. "If hate crimes are in the news," she says, "look for children's books about the Holocaust so your child really understands why people get so upset. With something like Somalia, you'd want to let your child know that Africa is far more than starving people at war. Check out a book of African folktales or one about a child living in Africa."



TV news shows for children also can be helpful, she feels. Her favorite is *Real News for Kids*, which originates on CNN and TBS Saturday mornings but can be found on broadcast channels, too. "It's nicely done," Vanderhoof says. "They always approach stories from an angle that appeals to their audience."

That's a trick she feels parents could learn. "Kids aren't like us," she explains. "Guilt won't get them to read things they're not interested in. But our problems will be theirs in the future, so we've got to find ways to help them think about those issues today."

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tips, tools, & techniques

This is your column. It contains the best workshop shortcuts and household tips that readers like you have discovered. See below for details on how you can share your best tips.

TAPE YOUR DRYWALL

Does drywall crumble when you put a nail in the wall to hang a picture? Before hammering, put scotch tape over the spot where you want to pound the nail. The tape will hold back the drywall dust.

Kit Sullivan
Bonita Springs, Fla.

REPEL MOTHS NATURALLY

For a fresh-smelling way to keep moths out of your closets, buy a bag of cedar shavings (usually sold as bedding for hamsters). Put the shavings in the feet of old panty hose, then hang the "cedar stockings" in the closet.

Lynn Griley
Atlanta, Ga.

COLD CAR STARTING TIP

When your car won't start because of cold weather, try turning the lights on for a few seconds. This may warm the battery enough to get the car started on the next try.

Katherine Rose
Bradford, Utah

PAINT UPSIDE-DOWN

Here's an easy way to keep a layer of film from forming on the leftover paint stored in your paint cans. After painting is complete, replace the paint can lid securely. Then store the paint can upside-down.

Beth McGibbon
Ogden, Utah

DRIVE ON ROOF SHINGLES

Carry extra asphalt roof shingles in your car's trunk during the winter in case your wheels get stuck in the snow or ice. Simply place the shingles in front of the tires for traction.

Renee Daly
Lexington, Ky.

DON'T TAKE YOUR LUMPS

Create lump-free batches of wallpaper paste by using a kitchen hand mixer to do the stirring.

Donald Westfield
Cleveland, Tenn.

CHARCOAL ODOR FIGHTER

Prevent musty odors in damp basements by hanging a wire basket filled with moisture-absorbing charcoal briquettes from the ceiling.

Glenda Stubblefield
Granite City, Ill.

EASY FIREPLACE CLEAN-UP

Years of built-up soot can easily and inexpensively be cleaned from your brick or stone fireplace surround by using oven cleaner.

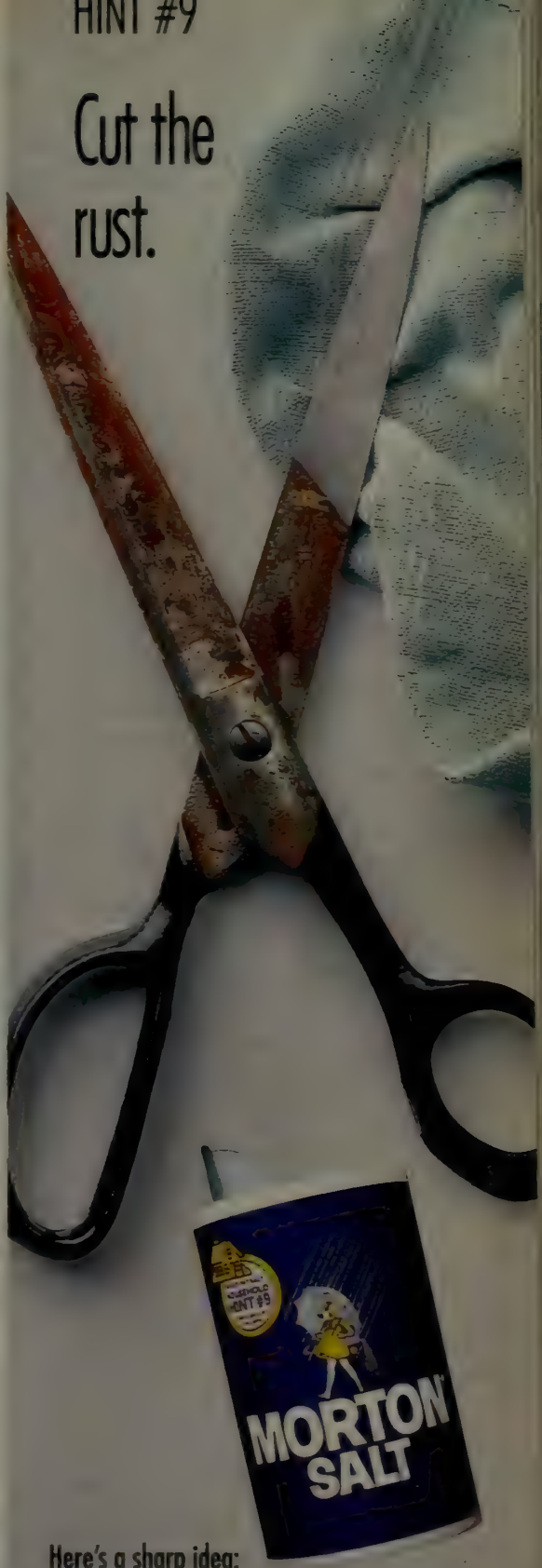
Shirley Secord
Brown City, Mich.

SEND US YOUR TIP

Mail your tip, along with a daytime telephone number, to Tips, Tools, and Techniques, *Better Homes and Gardens®* magazine, 1716 Locust Street, Des Moines, IA 50309-3023. No food or cooking tips, please. We can't acknowledge or return your letters. If we buy your tip, we'll send you $25. We reserve the right to edit tips we buy and to use them in any way for as long as we would like. We don't accept previously published tips.

HINT #9

Cut the rust.

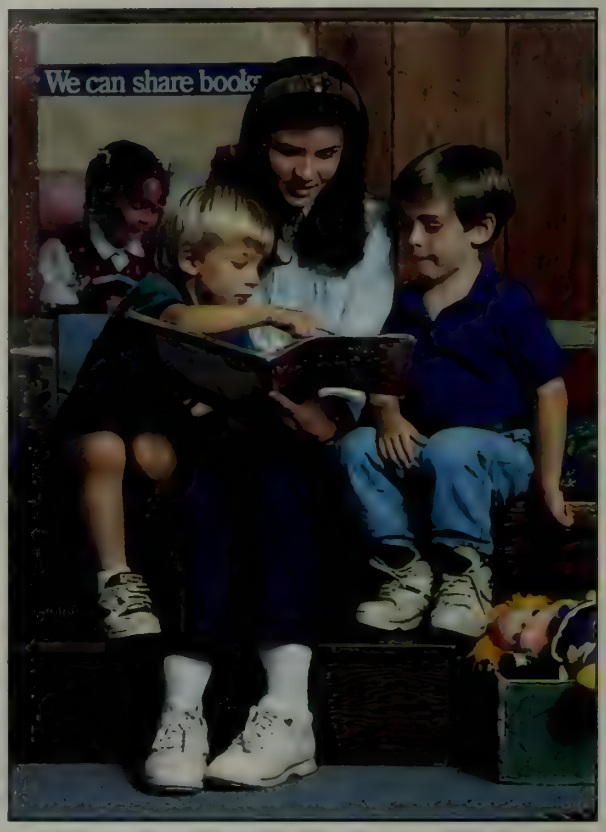


Here's a sharp idea: remove rust from household tools by using Morton® Salt. Just make a paste using 2 tablespoons Morton® Salt and 1 tablespoon lemon juice. Apply the paste to rusted area with a dry cloth and rub. For more ways to use economical, effective and safe Morton® Salt around the house, write: Morton Salt Tips, Dept. B, Chicago, IL 60606-1597.

Morton

 by Andrea Atkins

Choosing the Right Preschool



Thirty years ago, preschool was considered a nice little extra for kids. But now, research shows that a good program can set the stage for a successful school career. If you have a preschool-age youngster, the advice offered here will help you choose the best program for your child.

"We used to think that nursery school was just a time of social interaction with other children," says Nancy Balaban, Ed.D., director of the Infant and Parent Development Program at the Bank Street Graduate School of Education. "We now know that preschool is a great period of learning."

For preschoolers, though, learning means much more than ABCs and 123s. In fact, reading and writing should not be formally taught in preschool. Rather, three- and four-year-olds should spend their schooltime exploring the world.

Before deciding on a preschool for your child, consider the suggestions offered below. And don't make any firm choices until you've visited a school at least twice. Any school that limits visits or seems reluctant to have you around should be dropped from your list. A good school values parent participation.

"WE KNOW THAT PRESCHOOL IS A GREAT PERIOD OF LEARNING."

If full-time child care is in the cards for your kids, you can follow much the same advice. You'll find that the best child care centers for preschool-age children make no distinction between when school ends and child care begins. Since young children are constantly learning, you want a care center that offers stimulating opportunities throughout the day.

Home away from home. "Parents need a preschool that reinforces the ideas they're trying to promote at home," Balaban says. Do you want a school with strict rules or one that is more relaxed? Is a church- or synagogue-connected school important to you?

Consider your child's tem perament too, suggests chil psychologist Norma Dof Ph.D., a professor at Ne York University Medic Center. Is your youngster self-starter, or one who nee a push to get going? Do yo have a child who has a lon attention span or one who easily distracted? You shou seek a school that match your child's disposition.

"Don't expect all children do the same thing at the san time," says Barbara Wille Ph.D., public affairs direct for the National Associati for the Education of You Children (NAEYC). "Look f small groups and a recognition that there a different ability levels."

The NAEYC has no specific recommen tions on when a child should start a form preschool program. "It depends on the qual of the program and what else is happening a child's life," Willer says. While many ch dren begin preschool at three or young there's no harm in waiting until age fou the child is in a safe and happy home envir ment, she says.

The program. The NAEYC's Accre tation Criteria, widely regarded as the field's most tr ed guidelines, encourage schools to have a written p losophy of curriculum and goals, which should be av able to prospective students' parents.

But to tell what's really being taught, you need observe while school is in full swing, advises Et Titnich, child development specialist with the Univer of Pittsburgh's Child Development Office. "Watch h the teachers interact with students during free play," suggests. "How much control do children have o their projects? Is the routine natural and smooth? I reasonable for children this age or is the staff expect

continued on page

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When your kids say Please, you'll gladly say Okay.

Say OK

Preschool

continued from page 28

too much of young children?"

Take a look around the classroom. You should see a rich literary environment—plenty of books as well as evidence that kids make up stories, engage in dramatic play, and converse with each other and adults.



Painting allows a child to be creative and to practice skills that will eventually be needed for writing. It's also great fun.

One thing preschoolers should not be doing is learning to read in a formal way. "We know that children learn through their senses," Balaban says. "Experience with touch, smell, and hearing gives them a chance to stretch their intellects. They need to be read to. They should have lots of opportunities to make up stories and to use materials like paint, clay, and blocks, which form the foundation for reading and writing."

Children also learn by moving around, and the great outdoors is the best place for that. Kids should get outside every day, according to the NAEYC. It gives them a chance to use their large muscles and to do what kids do naturally—run around.

The staff. The NAEYC recommends that at least one staff member in the preschool hold a degree in early childhood education. But even a well-qualified instructor could be wrong for your child. On your classroom visits, take note of the teachers' interactions with children.

"Are they really responding and listening to the kids?" asks Nancy Peddle, director of Harkness House for Children, a preschool in Winnetka, Illinois. "Are they firm but gentle? Are they giving a crying child attention? Do they look as if they love kids and really love what they're doing? Are they kneeling down on the kid's level? If it's natural, you can tell," Peddle says. "A good teacher looks like she could do it forever."

Youngsters need attention and supervision, so the ratio of adults to children is important. The NAEYC recommends one adult per six two-year-olds (with a maximum group size of 12), and one adult per 10 three- or four-year-olds (maximum group size of 20).

It's also crucial for teachers and parents to communicate as often as possible. Informal chats on a regular basis about your child's development are equally, if not more, important as formal conferences, Willer says.

The surroundings. You'd like a preschool to be light and bright and cheery. But you might find a warm, enlightened school in the basement of an old church where windows are small and high. A careful inspection will tell you whether this is a place you'd want your child to spend a good part of the day.

Do the pictures on the walls look like real children created them, or did they come from crafts books? Is the artwork hung at child level, or is it displayed only to impress visiting adults?

Is there enough space? The NAEYC criteria recommend a minimum of 35 square feet of usable playroom floor space indoors per child and a minimum of 75 square feet of play space outdoors. There also should be areas for kids to be alone or to feel comfortable. Rugs, sofas, and rocking chairs are essential pieces of the classroom.

Pay attention to educational materials, too. One way that preschoolers learn is by making choices, so a quality preschool provides a variety of educational materials. An excellent plaything is a set of blocks, for instance. A staple of any preschool, blocks are also a child's first lesson in mathematics and spatial relations. Also look for a play kitchen and dress-up and dramatic play areas, where children can role-play and use their imaginations.

A fish tank or terrarium, live animals, and a sand and water table allow your child to experiment with scientific concepts. Paints, musical instruments, clay, and other small manipulative items help acquaint children with the arts and improve their hand-eye coordination.

Outside, look for solidly built, large play equipment with grass and paved areas nearby.

Finally, don't ignore the practical aspects of choosing a preschool. Some parents debate whether to drive an extra 10 minutes to a school they like better than the one that's nearby.

"Go with what makes you comfortable," Titnich says. "You want to reduce the amount of stress that's connected with the experience, and if that extra car ride is going to make you crazy, then stick close to home, as long as the programs are fairly comparable."

Play equipment, where kids can stretch their muscles, is an essential component of a good preschool facility.



For more information on selecting a preschool, write to the NAEYC for the brochure "How to Choose a Good Early Childhood Program."

Send a business-size, self-addressed, stamped envelope to NAEYC, 1509 16th Street, NW, Box HC-BHG, Washington DC 20036. ⌂



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by Paul Krantz

Get Fit *Your Way*

Starting a fitness program is easy. I should know: I've done it dozens of times. The hard part, of course, is sticking with your program.

Last January, I began yet another grab for the fitness ring. But this time I followed the expert advice I've picked up as Health Editor for *Better Homes and Gardens*® magazine. A year later, I'm convinced that anyone—even a fitness dropout like me—can succeed.



The program I'm offering to you has worked for me for the past year or so. In that time, I've lost more than 25 pounds (another 25 to go). It hasn't turned me into Fabio (or even Fabian, for that matter), but I have gained enough energy to keep up with the nine-year-old soccer players I coach. I also can garden all day without feeling it the next morning. Perhaps the greatest pleasure I've encountered is spending a little time each day getting away from the stresses of the workaday world.

You can expect similar rewards. You might even live longer, and you'll almost certainly stave off the aches, pains, and illnesses that we wrongly assume are a natural part of aging. Even if you're not yet convinced, at least keep an open mind. This is going to be fun!

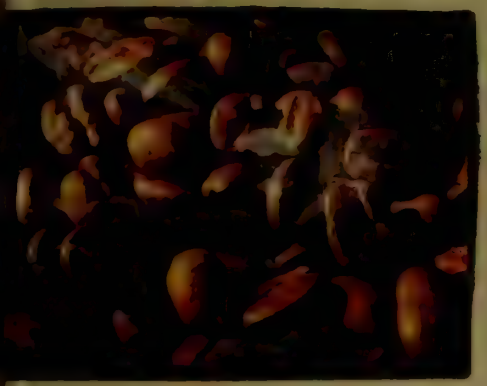
As I describe my program, I'll also be pointing out how you can adapt it to your needs, abilities, and interests. The best fitness program, after all, is the one that works for you.

But first . . . Don't start any fitness program unless you've had a checkup within the past year. It's not worth working out just so you can slip into a smaller size hospital gown.

A slow start. I decided early on that I'd base the exercise portion of my program on jogging. (Don't like jogging? I'll show you how to incorporate your own favorite activities.) The schedule on page 76 is one I encountered a dozen years ago, and it incorporates all the features that experts say make a good aerobic regimen. (That is the type of exercise that helps your heart and builds endurance.)

continued on page 3

Here are the beans...



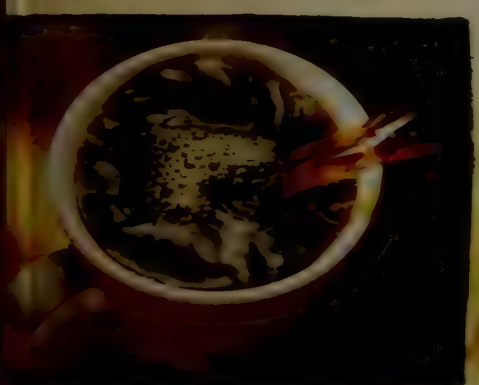
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Get Fit Your Way

continued from page 32

The most important feature of the schedule is that it starts excruciatingly slowly. The first week, you'll barely break a sweat. To give your body a chance to adjust to exercise, the schedule alternates between hard and soft activity. The twelve weeks it takes to achieve a 30-minute jog is a reasonable span if you are starting from zero. Once you reach the ending level of aerobic fitness (30 minutes of jogging 3 times a week), you need never do more unless you choose to. The benefits of going farther or faster taper off at this level, while the odds of injury start to rise.

Another good feature of this schedule is the interval training during weeks 4, 8, and 9. Intervals are short bursts of effort followed by slightly longer resting periods. Incorporating intervals into your training builds stamina and speed quickly.

Even with the gradual program outlined here, getting through those first 12 weeks wasn't a breeze. There were times when I spent the last 10 minutes of my outing watching the seconds tick by on my watch. There were days when my legs felt like overcooked noodles and I could get no farther than half my usual distance in the allotted time. But each time I was tempted to quit, I promised myself that if I just finished this day's work, I'd allow myself to quit the next day. Needless to say, once you're done, the fatigue fades and the good feeling is all that's left behind.



Almost any pulse-raising activity can form the foundation of an excellent fitness program.

Doing it your way. Even though this schedule was designed with jogging in mind, almost any continuous, pulse-raising activity could be substituted. For instance, you could alternate easy strolling with hard-charging striding. Or easy exercise biking with periods of hard riding at moderate tension. Other activities you might choose include stepping, aerobic dance, swimming, rope jumping, biking, or rowing. Don't choose something like tennis or golf—the movement needs to be continuous.

Now that we've looked at the overall activity schedule, let's consider some of the finer points. First, it is absolutely crucial that you commit yourself to the full 12 weeks. I think I've stuck with my jogging this far because I did not miss a single day of prescribed activity during the first 12 weeks of the program. That meant jogging when I didn't feel well and when I hadn't gotten enough sleep the night before. But toughing it out (it wasn't really that bad) gave me a real confidence boost when I completed that first 30-minute jog. Never mind that 6-year-olds would blow by me on their tricycles; I achieved my goal and that felt great.

One reason I made it through those 12 weeks was that I had contingency plans in place. If the weather was bad, I went to the YMCA's indoor track. If my wife's schedule had her working at night—my favorite time to jog—I jogged at lunch. A few times, I even paid a neighborhood boy a couple of bucks to watch the kids while I headed out. It was worth it to me not to miss meeting my commitment. To keep track of my schedule, I bought a pocket-size weekly planner, jotted down my jogging plans as far ahead as I could, and always carried that planner.

Now for a word about safety: Don't ignore it. I jog through a safe residential area near my home that's relatively flat, crosses few major streets, and has good sidewalks, no loose dogs, and plenty of streetlights. As much as possible, I avoid jogging in the street and on grassy areas where footing is less certain. I also learned (the hard way) to avoid stepping, even gingerly, on ice patches, puddles, and wet leaves.

I enjoy jogging outdoors, watching as the sights and sounds of the neighborhood change with each season. You might prefer the consistency of an indoor environment or the foot comfort of a well-kept running track.

What to wear. Follow your instincts. Below 40 degrees, sweats will keep you warm once you get moving. Above 60 degrees, shorts and a T-shirt will do. In between, dress in layers so you can add or subtract them as needed. And don't be afraid of a little rain. Once warm weather arrives, you'll welcome a cooling shower during your outdoor workouts.

A more important question is what to wear on your feet. I've always balked at paying more than $25 for a pair of sneakers. But after two-and-a-half months of jogging, I rewarded myself with a pair of $55 (on sale) running shoes. They were recommended by a well-known consumer testing magazine, so I figured they were worth a try. I'm a believer. My running shoes offer better support and traction than my bargain sneakers, and they have held up well to the pounding.

My advice: Start with sneakers that feel comfortable, but educate yourself on shoes. Then, after a couple

continued on page



nce upon a time
you had to wish upon a star to
make dreams come true...

Get Fit Your Way

continued from page 34

months, you can get the shoes that are right for your activity, foot type, and budget.

Don't push. One of the reasons my earlier fitness programs failed is that I tried to do too much too soon. This time, I got smart. Although I was vaguely aware of how far I was jogging, I never set a pace for myself. Instead, I took the attitude that I was going to get through this—even if that meant jogging at a pace of 15 minutes per mile. (That's a good clip for walking, but sluggardly for jogging.) Even today, a year later, I still plug along at only 10 minutes per mile, and if it's hot or I'm tired, I'll go even more slowly.

I like to jog alone, so I don't have to worry about keeping up with someone else. I also have the freedom to reschedule my jogging on a moment's notice. Many exercise experts say that you are more likely to stick with a program if you have company. Your choice should be made after careful consideration of whether you'd be more likely to stay the course if you had a partner.

Measuring intensity. During the first 12 weeks of the program, I let time be my guide. I put in the time required and didn't measure much beyond that.

Today, I can easily recognize the signs of a good workout—heavy breathing and a little fatigue in my legs. But I still like to track my pulse rate at the end of each jog, while I'm walking off my last 5 minutes. Fitness experts often use a formula to determine how fast your pulse needs to be to ensure a good workout. The standard formula is 220 minus your age, multiplied by 60–80 percent. So, for a 40-year-old, the formula is (220-40) x .60 to .80. By my figuring, that's 108 to 144 heartbeats per minute.

To take my pulse, I lightly press two fingertips alon

continued on page 4

A 12-WEEK FITNESS PLAN

This graduated plan was originally designed with jogging in mind, but feel free to substitute an other form of continuous pulse-raising activity, alternating hard and soft effort. Unless otherwis noted, all times are in minutes. Day 7 is always a rest day. See text for more details.

Week	Days	Walk	Jog	Walk	Jog	Walk	Jog	Walk	Total
1	one, three, five	15							15
	two, four, six	5	1	5	1	5			17
2	one, three, five	15	1						16
	two, four, six	5	3	5	3	5			21
3	one, three, five	15	1						16
	two, four, six	6	4	6	4	6			26
4	one, three, five	15	2						17
	two, four, six	3	2	Repeat 3 more times				5	25
5	one, three, five	15	2						17
	two, four, six	5	5	5	5	5	5	5	35
6	one, three, five	30							30
	two, four, six	4	6	4	6	4	6	5	35
7	one,	30							30
	two, four, six	4	6	4	6	4	6	5	35
	three, five	5	10	5					20
8	one	30							30
	two, four, six	2	1	Repeat 9 more times				5	35
	three, five	5	15	5					25
9	one, three, five	5	20	5					30
	two, four, six	1	30 sec.	Repeat 19 more times				5	35
10	one, three, five	5	20	5					30
	two, four, six	15							15
11	one, three, five	5	25	5					35
	two, four, six	15							15
12	one, three, five	5	30	5					40
	two, four, six	15							15

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Get Fit Your Way

continued from page 36

the side of my neck, just under the jaw, until I can feel the pulse. Then I count the beats for 10 seconds. After a few months' practice, I know automatically that 20 beats equals a pulse rate of 120 per minute. Anything above that and I'm happy.

The home stretch. Believe it or not, fitness experts continue to debate whether stretching is a beneficial part of a fitness program. As in most controversies, the truth likely lies somewhere in the middle. Proper stretching of adequately warmed muscles probably reduces the likelihood of injuries. On the other hand, poor stretching techniques, or stretches performed on cold muscles, is almost surely going to cause an injury.

If you do choose to stretch, follow these guidelines:

•Stretch after your muscles are warm. I stretch at the very end of my jog.

•Stretch slowly and never bounce or force a stretch to the point of pain.

•Stretch after every workout. Some athletes insist that you need to stretch daily.

Don't depend on a book or a friend for stretching advice. Ask a fitness professional—someone at a Y or a health club—to show you the right way to stretch.

The other half. Exercise is only part of a total fitness program. Adopting a healthful diet is an important second step. That doesn't mean cutting calories to the bone or even banishing certain foods. Healthful eating is more a matter of food choices.

If your diet is anywhere near average, the single most critical step you can take is to find ways to reduce the amount of fat you take in. Grocery shelves are filled with lower-fat alternatives to the foods you love. Even making one small change—pretzels for potato chips—is a start in the right direction. I've pledged myself to a low-fat breakfast and a healthful lunch at least three times a week. I still fall off the wagon on a regular basis, but I know I can always dust myself off and climb back aboard.

The point I want to make is that you can't give up trying just because you make some bad nutritional choices. One cupcake not eaten still contributes to a reduction in dietary fat.

My next goal is to add more vegetables and, especially, fruits to my diet. These nutritious foods have almost no fat and can cut your craving for higher fat foods.

HOW L

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If you decide to stretch, do it after every workout.

So far, the combination of jogging and a semi-reformed diet is helping me battle the bulge. I'm losing weight at a blistering rate of three-quarters of a pound per week. That may sound slow—and it is—but studies show that slow weight loss is much more likely to stay off than rapid drops.

I ought to mention that this is just an average. I have gone as long as a month without seeing any weight loss whatsoever. A few weeks, I've even gone up! But I keep telling myself that it will go down eventually, and it always does.

What's ahead? As I approach my one-year anniversary, I'll be turning my attention to some form of weight training. Total fitness must involve at least some strengthening component. Stronger muscles mean fewer backaches and sprained ankles and better overall health. Another benefit: muscle tissue burns more calories than fat tissue, so stronger muscles usually translate into more room in your diet for (good-for-you) foods.

A strength program is nothing to jump into. Free weights (barbells, dumbbells, and the like) are inexpensive, but they can be dangerous if you don't have a partner to catch your mistakes. Machines are safer and easier to learn, but good ones are expensive.

Whatever direction I turn, I'll get training from someone I trust. The risk of injury drops if you start with some personal instruction.

You can do it! Anyone who has an ounce of motivation can make the sort of gradual changes that lead to better health habits. And what better time than now? Make this the year you act on your resolution to get fit your way.

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kitchens with *personality*

by Steven Greenhut

Do you know what distinguishes a great kitchen from a good one? It's those clever little extras, those innovative design features, and those original style ideas that give a kitchen its own personality. Here are three great examples.



Rediscovering the island



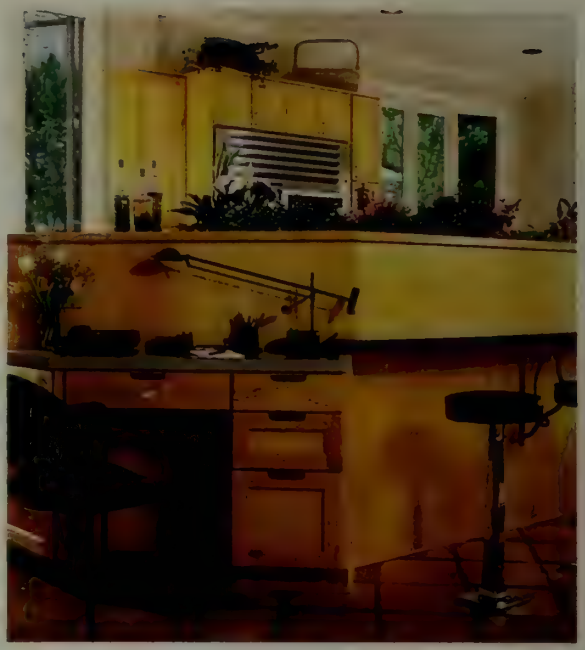
Although this kitchen defies convention, it still honors those time-tested design rules. A well-planned work area, light from abundant windows, quality appliances, and plenty of counter and cabinet space make cooking convenient and pleasurable.

Even the main work sink walks to the tune of a different drummer. Its large size, integral cutting area, and side-mounted faucets allow space for potting plants and cutting flowers. This stainless steel unit ties in with the style of the appliances.

ARCHITECT: CARSON LOONEY. PHOTOGRAPHS: BARBARA MARTIN. REGIONAL EDITOR: MARY ANNE THOMASON

inventive island design sets this kitchen apart. Rather than build an island that subscribes to some preconceived notion, these homeowners crafted one from scratch to reflect their love of serious cooking and easygoing conversation. Thanks to a built-in counter and 1950s-style chrome stools, one side is a casual eating and chatting area that evokes images of sipping chocolate malts at the local five-and-dime.

A built-in desk on the island corner is just what the homeowners needed. It's out of the main traffic flow but still in the heart of family activity. Built from the same oak as the cabinetry, it blends effortlessly into the room.



Rediscovering the island

Packed with a commercial cooktop, warming oven, and second sink, the island's flip side works as hard as a short-order cook in a busy diner. An elevated partial wall gives each section its own distinction. Plus, it visually separates the kitchen from the rooms beyond. Planters filled with greens top the wall to create a soothing centerpiece to enjoy—whether you're working or relaxing. Train your gaze upward to see how this kitchen's personality really shines through. A dramatic ceiling cutout channels light from the oversize window to brighten both sides of this unusual island.



Little features suit these homeowners' cooking needs. Built into the tiled counter, an opening is chiseled out to direct cuttings to a waste bin below. A granite tile serves as a cutting board. Knives are within grasp thanks to the built-in holder.

The long center island has a split personality. Looking down this corridor, it offers the counter space and appliances that make cooking a breeze. Beyond the planter-filled divider is an eating spot ideal for a relaxing snack and a friendly chat.





Building on the past



Country farmhouse personality is punctuated with a touch of whimsy. Painted wood cabinets set the mood. Little details—such as hardware-store-style drawer pulls—add original flair.

This cooking center has two cooktops and open shelves. A tile backsplash and apron and a stainless steel range hood clothe this modern work area in the comforting images of days gone by.

h*a*nd-c*ra*fted country character and a generous dose of eye-catching design ideas give this kitchen an irresistible down-home charm—but with just enough of an attitude. Don't be deceived by its traditional good looks. Sure, the white-painted raised-panel cabinet doors, butcher-block counters, and natural oak floors create a handsome style reminiscent of a farmhouse. But for a glimpse of this kitchen's true

ARCHITECT ELIDA SCHULMAN PHOTOGRAPHS JAY GRAHAM REGIONAL EDITOR HELEN NEUKAMP

The tamboured appliance garage improves upon a great old idea. By tunneling the microwave storage spot into the wall, the countertop is left to its intended use as a work area.



Building on the past

personality, sample the details—all inspired by the past but ideal for today. Lift-up glass cabinet doors, like the kind in a turn-of-the-century dry goods store, keep everyday items within view and in reach. Little pop-out windows carved into the backsplash invite some extra sunshine as well as those crisp country breezes. Extra-large over-sink windows are topped by a triad of display shelves that are seamlessly built into the cabinetry. Two tiled aprons—wrapping the fronts of the sink and cooktop—artfully protect the cabinet fronts. An oversize stainless steel range hood strikingly defines the cooking area. Why plop your towels on the counter? This kitchen accommodates two steel bars built into the island.



The homeowners wanted to invite the sunshine in at every chance, so they punched these windows into the backsplash.

Reminiscent of counters found in historical farmhouse kitchens, the tile apron in front of the sink protects the wood cabinet from water and adds a striking design element.

For buying information, see page 120





Soaring to new heights



A soaring ceiling and open spaces let this kitchen reach beyond the walls to the outdoors. Sky-colored furnishings, maple counters, and oak floors reflect nature's tones. Sunshine is lured indoors at every opportunity to enhance the airy attitude.

A tried-and-true kitchen work triangle with a center island basks in the light drawn from the skylights and recessed task lights. With their wooded warmth, the oak floors spill out of the kitchen and encompass the adjoining eating and living spaces.

ARCHITECT: MARK CHRISTOPHER. PHOTOGRAPHS: JOAN VANDERSCHUIT. REGIONAL EDITOR: SHARON HAVEN

open space gives this tight-quarters kitchen a personality as big as the sky its vaulted ceiling reaches toward. The kitchen is so light-hearted and exuberant that it just can't contain itself; an open wall effortlessly melds it with the informal eating and family room beyond. Light colors, painted ceiling beams, and bold blue and white striped upholstery create a bright and breezy attitude as heartening as the great outdoors on a warm and sunny day.

How to give your kitchen personality

You can turn your good kitchen into a great one by considering these pointers for adding personality.

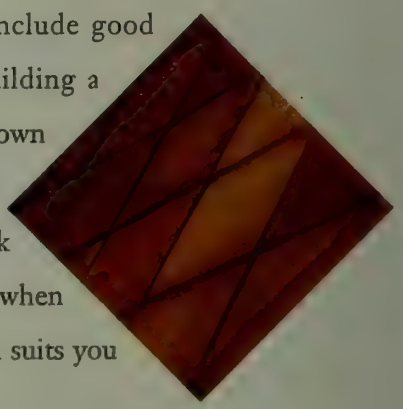


Extend yourself. What are your most endearing personality traits? That's the first question you need to ask as you craft a personality-packed kitchen. If you're a bold and colorful person, why not opt for an attention-grabbing design sheathed in bright and glossy laminate. If you're a warm and mellow soul, how about a relaxed traditional design with natural wood cabinetry and hand-painted tiles? Once you identify who you are, you can extend those traits into your design.



Look at your lifestyle. Once you've determined your kitchen's attitude, you'll need to take a close look at how you like to live. Do you love to entertain? Then be sure your kitchen has the space to comfortably accommodate visitors. You might also want to fill such a kitchen with details, such as a second sink or a wine rack, that are geared for guests. But if you don't enjoy cooking and feel overwhelmed by big spaces, an efficient corridor might do the trick. The key to creating a personality kitchen is designing it around your lifestyle.

Build on the basics. Every kitchen should have the basics. These include good lighting, an efficient work triangle, and adequate storage. When building a personality kitchen, you'll want to meet these standard needs in your own special way. If you don't like feeling exposed, how about reducing the number of windows and increasing the number of skylights and task lights? If you like to look toward the den rather than out the window when you clean dishes, then put the sink in the island. In each case, the design suits you while honoring time-tested design rules.





Dare to be quirky. Don't be afraid to defy convention—if that's the type of person you are. Use unusual colors and bold combinations. Are you a collector? Then fill your room with salvaged items, from antique lights to refurbished appliances. Consider the statement you can make with materials. Floor patterns, cabinetry inlays, unique tile patterns—these are out-of-the-ordinary details that make the room a reflection of you.

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places, everyone



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by Michelle Tibodeau



patch calicoes across a country french seat

Nostalgic prints in muted shades warm this pieced patchwork seat and table setting. To gather a great-looking mix of fabrics, assemble large-, medium-, and small-scale prints from the same color family. *Better Homes and Gardens* Designs with Simplicity pattern No. 8918 shows you how to arrange the pieces.

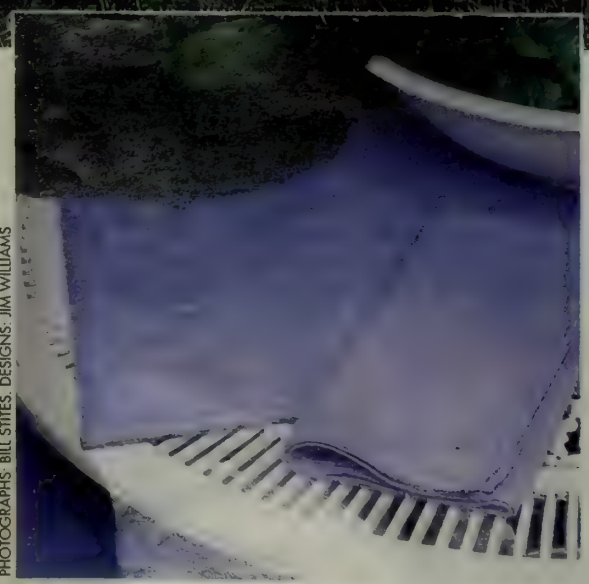


skirt a windsor chair in farmhouse finery

To sweeten your meals with a cheerful setting, embroider chair cushions and place mats in red and trim them in checks. The recipe for success? An easy outline stitch that simplifies the complex floral design. Gingham checks cut on the bias garnish each piece, and a ruffly petticoat in two sizes of checks encircles a padded seat cushion. Transfer the embroidery design enclosed in Simplicity pattern No. 8918 onto your fabric. Or, order Simplicity's washable wax transfers (using a coupon in the pattern package) for $.25 each, plus $1.50 shipping.

places, everyone





PHOTOGRAPHS: BILL STITES. DESIGNS: JIM WILLIAMS

Buying information, page 120

dress up a parsons chair with shirtmaker details

When the occasion calls for button-downs and high heels, slip crisp shirting fabrics over contemporary parsons chair. Shirtmaker details—a cuff hem, contrasting topstitching inverted pleats, and button closures—outfit this well-heeled chair cover with a discreetly formal attitude. Ad cuffs to the place mat, and le the coordinating napkins we decorative buttons.

Look for *Better Homes and Gardens®* Designs with Simplicity pattern *No. 8918* (includes instructions for four place mats, napkins, and chair covers) in stores in February. ***To order now,*** send *$7.95* plus *$1.00* postage/handling (Canadian residents—$1.25 postage/handling, U.S. funds only) to: Simplicity's Bett Homes and Gardens Pattern 8918, P.O. Box 4007, Niles, MI 49121–7007. Make check or money order payable to Simplicity Pattern Company. Please allow si to eight weeks for delivery. Offer expires May 30, 1994

cottage charm

Country style with a bright personality

By Sandra S. Soria



It took a tiny second home to teach artist Barbara McDonnell how much fun decorating can be. By livening the rooms with a quirky collectible here and a quick stroke of brilliant color there, she transformed the humble cottage into a happy family retreat.




"This room had been several
shades of gray bl... dull, dull, dull.
I decided to ... some color risks."

cottage charm



Barbara and Arthur McDonnell had planned on staying one night at a local inn when they first visited a tiny Illinois resort town eight years ago. But that weekend getaway turned into a life-altering commitment: Before they checked out of the inn they had put a bid on a place they could call second home for themselves and their two sons. "It felt like a good spot for our kids—and maybe to be kids ourselves," says Barbara. "There's a certain Huck Finn feel to it."

If the town's riverside setting had a childlike, adventurous aura, then the cottage itself became a sort of decorating playhouse for Barbara. "I decided to just relax and have fun," says Barbara. "I wanted it to be a safe and comfortable place, but just a little bit frisky, too."



Deciding to rely more on creativity than cash, Barbara experimented with the unexpected on elements she knew could be easily undone. Simple-to-install vinyl tiles walk on the wild side in the living room, joining forces with bold yellow walls and

text continued on page 69

PHOTOGRAPHS: BARBARA MARTIN. REGIONAL EDITOR: MARY ANNE THOMSON

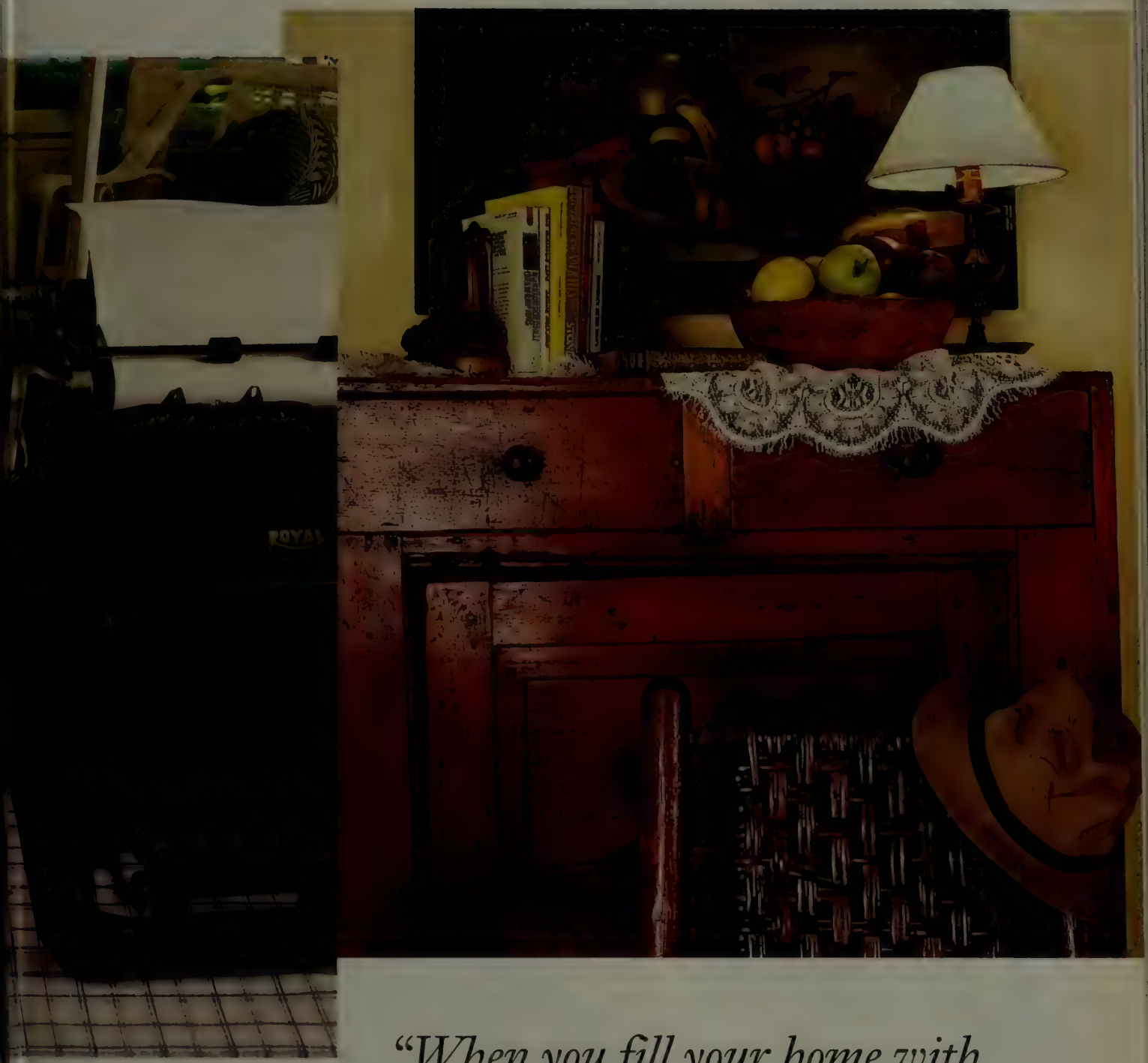
cottage charm



Serve up glimpses of the past to give your home the undisputed beauty of simplicity. Nostalgic pleasures—not only the freshly baked apple pie but the mismatched collection of dinnerware on which to serve it—quiet this home and give it honest charm.

Barbara assembles displays using the same artistic skills she relies on when creating greeting cards from her own hand-colored photographs. Not confident in your skills? Play with objects of different shapes, sizes, and texture, rearranging until the grouping pleases you.

Choose personality over period perfection when gathering pieces for cottage-friendly rooms. This humble pine cupboard charms with the unique character that only time and hard wear can create.



"When you fill your home with simple things, life there just seems to slow down and take on a more graceful quality."


"We're always on the porch.
Sitting out here is like an
invitation for neighbors t
drop by and chat."

cottage charm



green beams—"Colors I loved but hadn't dared to use in such a major way before," says Barbara. Now she wouldn't change a thing, loving how the bright backdrop lends a friendly energy to quirky collected chairs and a blooming sofa.

The same vivid colors pop up on the screened-in porch, giving the little cottage an eye-pleasing and space-expanding flow. Barbara used her painting skills to create the snappy checkerboard pattern on the cement floor. After scraping the floor of its green, turflike covering, she brushed the entire area with white paint, outlined 18-inch squares with a yardstick, then filled in with green.

Like the McDonnell family members themselves, furnishings gather on the porch in a casual way. Lightweight wicker and dining pieces adapt to changing needs, easily shuffling for dining, neighborhood chats, family games, or quiet relaxation.

Equally adaptable white paint, the great decorating equalizer, is lavished on adopted furnishings throughout the home, freshening the pieces and inviting them into the same style family. Once dark and dingy, the garden bench on the porch and the chest of drawers in the bedroom become instant cottage charmers with their new coats of paint.

cottage charm



"This home was put together with much time and devotion. It's really a part of us."

In every room, comforting and personal gatherings of mementos, found objects, and recycled furniture draw the eye and offer it a place to rest. The pieces have walked in one at a time over the years, giving the home an anything but showroom perfect, evolved look. In this case, it's true that time—or more accurately the lack of it—was on Barbara's side. "I wanted to live in the house not spend all my time decorating it," says Barbara. "I didn't take the time to study decorating choices, I went with my best instincts."

With her heart as her "decorator," this homeowner created a home for her family that's as easy to play with as it is to live in. "Every year things get shaken up a little bit as we find more things to love," says Barbara. "The fun never ends!"

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- ¼ teaspoon pepper
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► Brown chicken in hot oil in skillet. Add broth; bring to boil. Stir in rice. Return to boil. Reduce heat to low; cover and simmer 5 minutes. Remove from heat.

► Stir in parsley, lemon peel and pepper; cover. Let stand 5 minutes. Sprinkle with almonds. Serves 4.

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RESOLUTION
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by Kristi Fuller, R.D.



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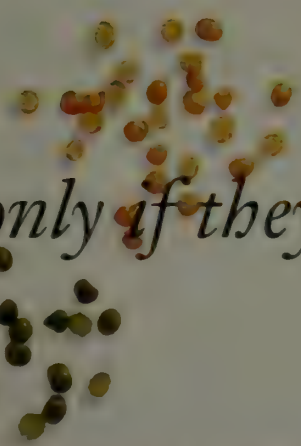


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healthful foods.



(but only if they taste great!)



Out with the old, in with the new!



If your New Year's resolution is to eat smarter to feel better, begin the new year with these 12 great-tasting, good-for-you recipes. From breakfast starters to healthful munchies, all recipes go easy on the fat and calories.



I resolve to start the day with a good breakfast.



◀ Refrigerator Pear-Almond Muffins

Don't let hectic weekday mornings squelch your resolution. Just keep the refrigerated dough ready for baking fresh, warm muffins.

▲ Dutch Babies with Farmer's-Style Eggs

On leisurely weekends serve this puffy popover, overflowing with all the things you love for breakfast, without guilt. The low-fat ingredients save the day.

Recipes begin on page 86



Oven-Baked Split Pea and Lentil Soup

Satisfying homemade soup is an easy way for your family to "go vegetarian" once in a while.

Wheat Berry and Pasta Pilaf

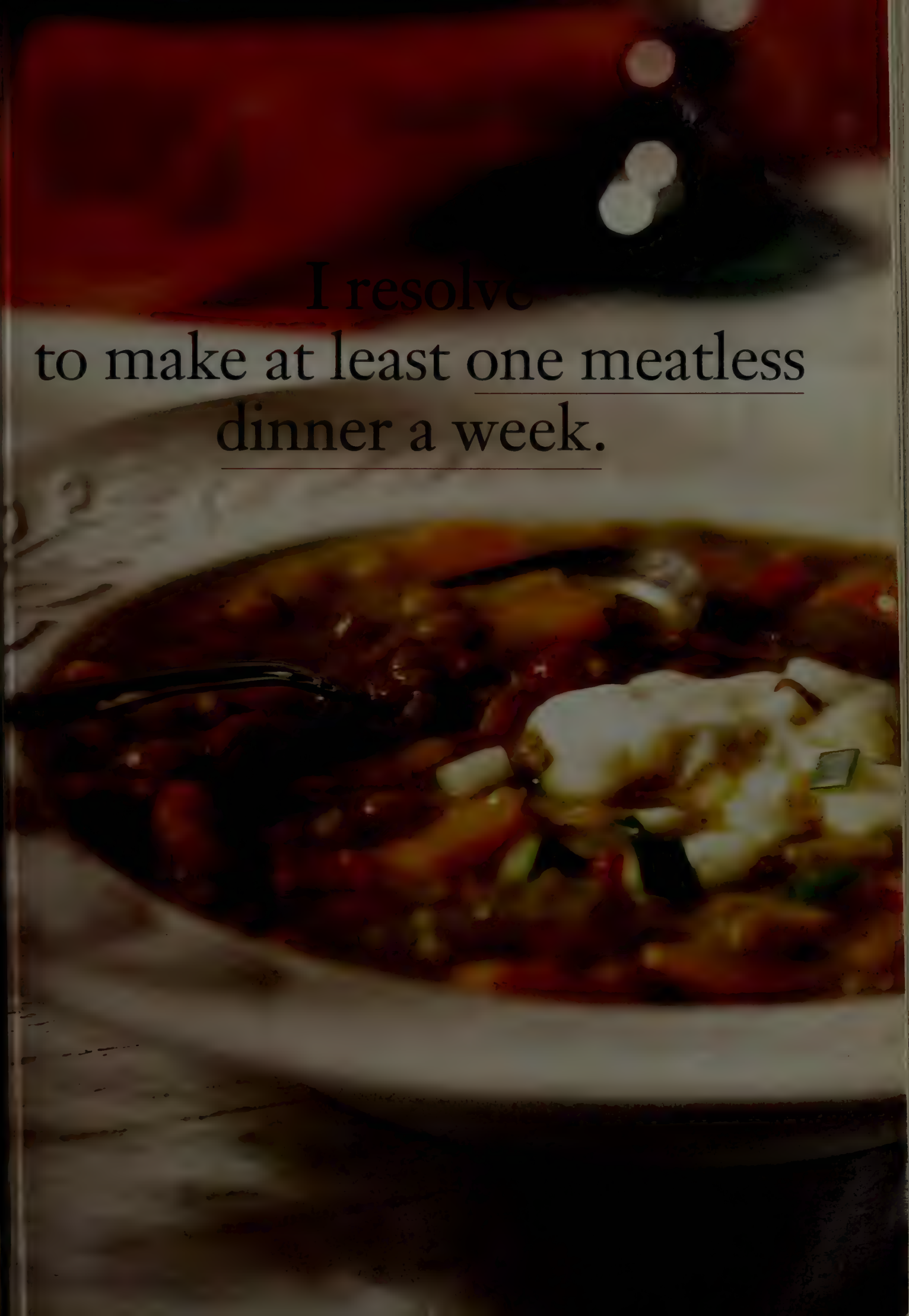
Go for the grains! Tiny pasta pairs up with wheat berries in this wholesome dish. A familiar Italian sauce on top will entice your kids to dig in.

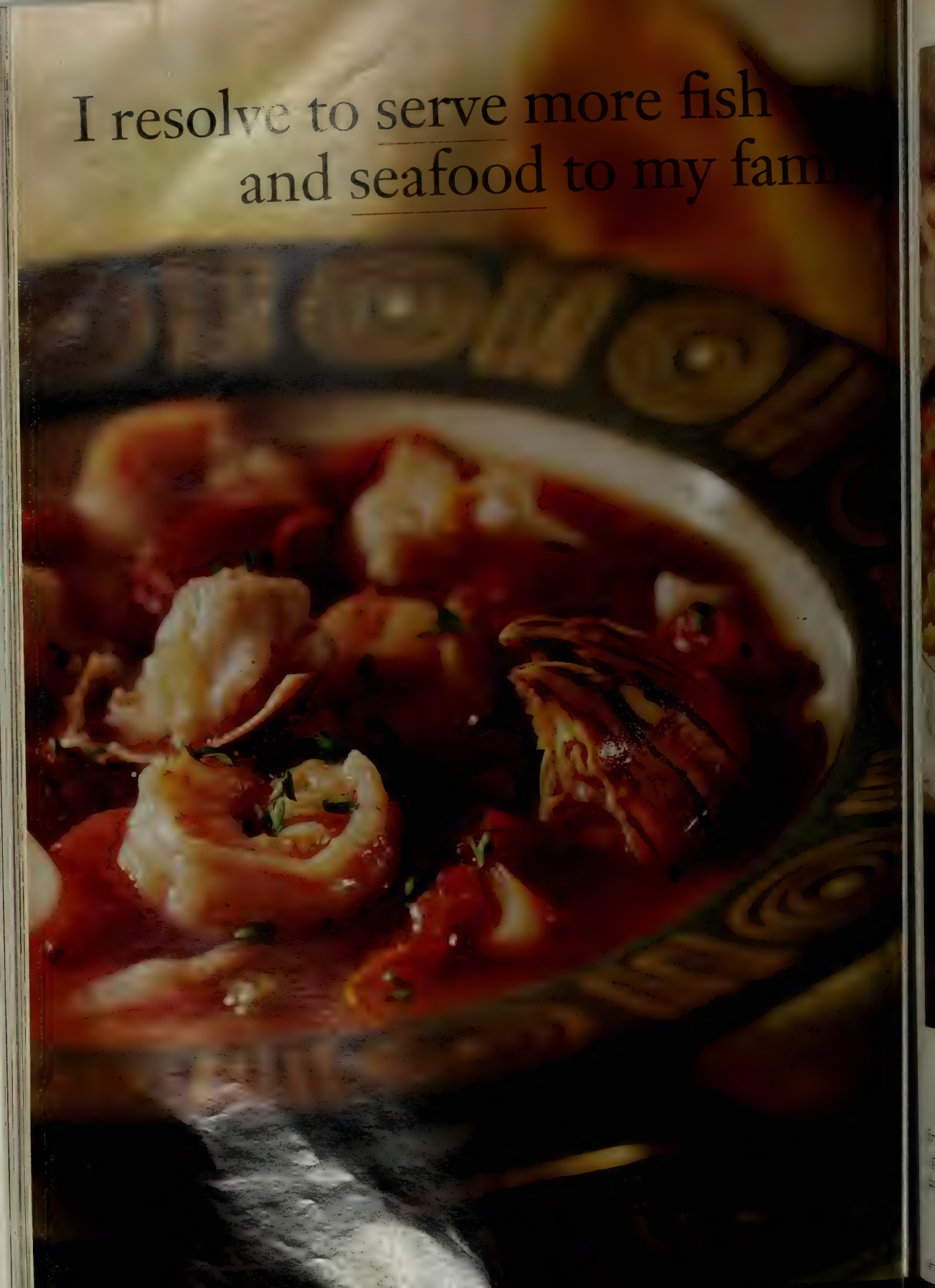
Spinach-Feta Shells with Minted Tomato Sauce

These three-cheese-stuffed pasta shells will satisfy the Greek and Italian food fans in your family. By blending both cuisines in one dish, you're certain to keep everyone's taste buds happy.

Recipes begin on page 92




I resolve
to make at least one meatless
dinner a week.


I resolve to serve more fish
and seafood to my fam



◀ Shrimp and Lobster Bouillabaisse

For those who've sworn off lobster and shrimp, go ahead and splurge on this classic French dish. Yes, shellfish contains cholesterol, but it's not the kind that will raise yours.

▲ Zesty Jalapeño Fish Fillets

It will be easy to get your family to eat more fish with these Mexican-style fillets. Low in fat but full of flavor, this quick-to-fix dinner gets a fins up!

Recipes begin on page 96

Would You Pay $2.00 To Get Out Of The Kitchen?



Campbell's® just made it easier to make dozens of quick and easy meals. We made it delicious, too. With mouth-watering recipes for everything from orange glazed chicken to a golden vegetable combo.

To get your cookbook, please send $1.99 and 2 proofs of purchase from any Campbell's Soup. Make check or money order payable to Campbell Soup Company. Mail to: "No-Time-To-Cook" Recipes, P.O. Box 19025, Dept. BHG, Ronks, PA 17573

Name _____
(please print)

Address _____ Apt. # ____

City _____

State _____ Zip _____

Offer void after May 31, 1994, or while supplies last. Good only in U.S.A., Puerto Rico and U.S. military installations. Please allow 8 weeks for handling. Void where prohibited, taxed or restricted by law.

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I Resolve to Eat More Healthfully.

ESTABLISHING GOOD EATING HABITS OVER THE LONG TERM IS WHAT COUNTS. CONSIDER FOLLOWING THESE WISE HABITS TO KEEP YOUR WEIGHT AND HEALTH IN CHECK:

CLEVER MEAL PLANNING

•Plan your meals or snacks ahead of time. It's too easy to eat high-calorie foods when you haven't thought ahead.

•Before you shop for groceries, plan menus that include a variety of foods your whole family will enjoy. Introduce them to new healthier foods by buying one unfamiliar item (such as a new vegetable or whole grain cracker) each time you shop.

•Never shop for groceries when you're hungry. Stick to a written list of the foods you need to buy and don't be tempted to buy anything more.

•Learn to make smart food choices. The body can easily turn dietary fat on the lips into cellulite on the hips! Begin by cutting down on the amount of fat you eat. Turn to complex-carbohydrate-rich foods, such as breads, cereals, whole grains, beans, fruits, and vegetables.

•Don't skip meals. Skipping meals leads to bingeing.

•Look for a cookbook on low-fat cooking if you need help establishing healthful menus for your family.

WISE DINING

•Designate only one place in your house for eating, such as the dining room table. Do not eat in bed, in front of the TV, or while driving your car.

•Focus on what you're eating. Mindlessly munching on chips in front of the TV or while reading tends to lead to an empty bag and a huge fat intake.

•Eat slowly. Allow at least 20 minutes for a meal. When you eat slowly, you'll enjoy your food more, and you'll give your body time to realize that you've had enough.

•Don't put the entire pan of food on th table during meals. Think twice before getting up to serve yourself seconds fro the stove or countertop.

•Don't eat if you're not hungry. Whe you are hungry, learn to push the food away and stop eating when you're satis fied—not stuffed.

•Read the label. Note the fat content and how it fits into your plan. For a 2,000 calorie a day diet, shoot for eating less than 65 grams of fat a day. Remember that number for comparis If a food you choose gobbles up most of your fat budget, choose lower-fat foods the rest of the day.

SMART SNACKING

•Have healthful snacks available for when you get hungry between meals. Snacks aren't forbidden. In fact, they may stop you from bingeing on high-calorie foods. Try munching on air-popped corn, low-salt pretzels, fresh fruit, or nonfat fruit yogurt.

•Plan healthful snacks for the kids, t According to the American Academy Pediatrics, children over the age of tw can eat a low-fat diet similar to wha recommended for adults. This means more than 30% of your kids' calories should come from fat. But because of their high-energy needs, make sure t eat healthful snacks throughout the d (for example, low-fat cottage cheese with sliced fresh fruit or whole-grain crackers with low-fat cheese).

continued on page

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Finally. Cheese Beyond Crackers.



Cheese & Broccoli Potato Topper

Prep Time: 10 min. Cook Time: 10 min.

- 1 can (10 3/4 oz.) Campbell's® NEW Cheddar Cheese Soup
- 2 tbsp. sour cream or yogurt
- 1/2 tsp. Dijon-style mustard
- 1 cup cooked broccoli flowerets
- 4 hot baked potatoes, split

1. In 1 1/2-qt. saucepan, combine soup, sour cream and mustard; add broccoli. Heat through, stirring occasionally.
2. Serve over potatoes. Garnish with chopped sweet red pepper if desired. Serves 4.

TIP: To bake potatoes: Using fork, pierce each potato; bake at 400° F. 1 hr. or microwave on HIGH 10 1/2 to 12 1/2 min. or until fork-tender.



Nachos

Prep Time: 10 min. Cook Time: 5 min.

- 1 can (10 3/4 oz.) Campbell's® NEW Cheddar Cheese Soup
- 1/2 cup salsa
- 1 bag (about 10 oz.) tortilla chips
- Chopped tomato
- Sliced green onions
- Sliced Vlasic® or Early California® Pitted Ripe Olives
- Chopped green or sweet red pepper

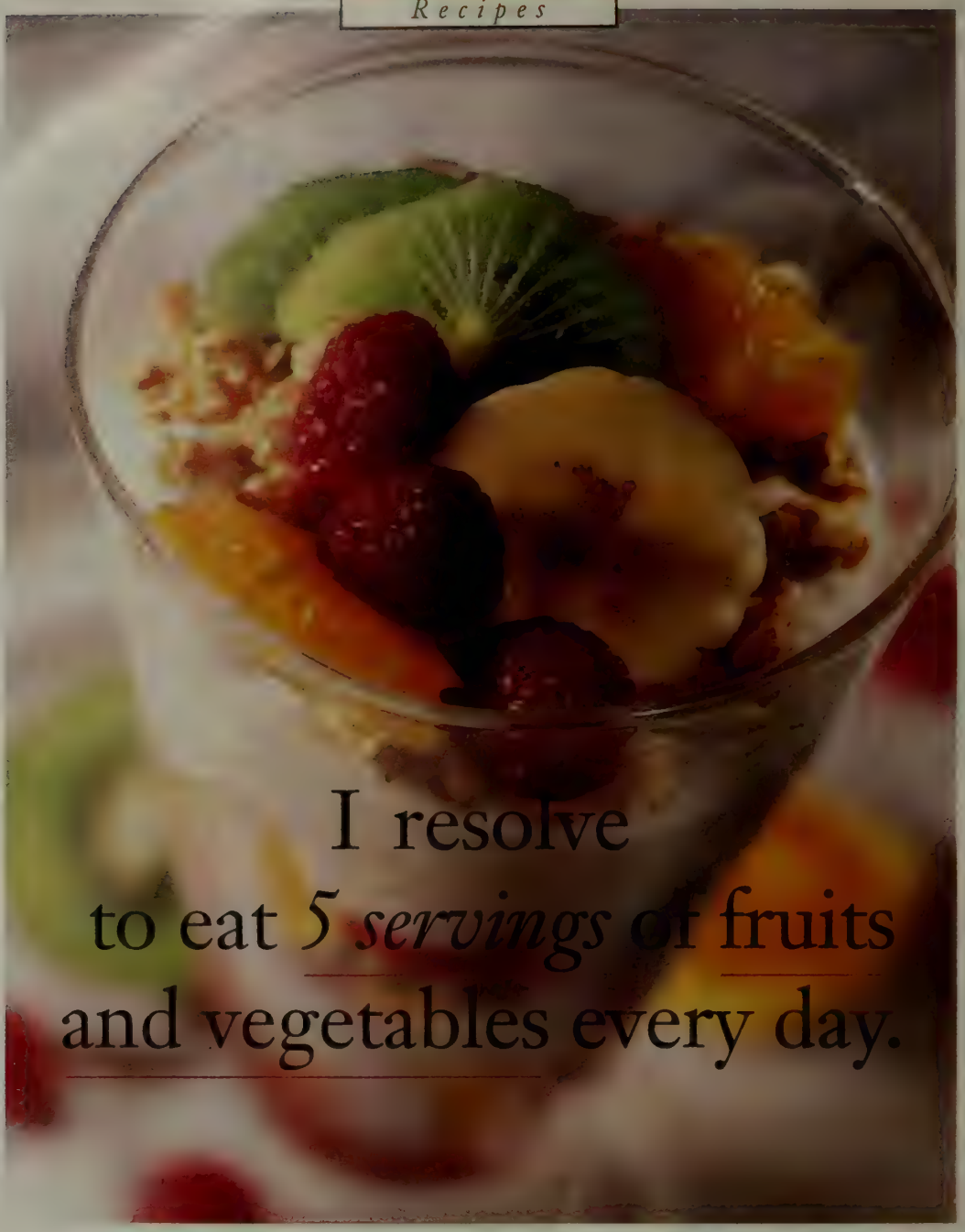
1. In 1 1/2-qt. saucepan, combine soup and salsa. Over low heat, heat through, stirring often.
2. Serve over tortilla chips. Top with tomato, green onions, olives and pepper. Serves 6.

TIP: If desired, warm chips in microwave. Divide tortilla chips between 2 microwave-safe plates. Microwave 1 plate at a time, uncovered, on HIGH 45 sec.



a new taste experience? Open up a can of Campbell's® ddar Cheese Soup and you can go from a baked potato bunch of nachos to a luscious vegetable casserole.

tell's. Never Underestimate The Power Of Soup.™



I resolve to eat *5 servings* of fruits and vegetables every day.



Fruit and Granola Parfait

Spoon guiltlessly and happily into layers of luscious fruit, rich-tasting honey "cream," and crunchy granola.

Orange-Glaz Brussels Spro and Carrot

Combine two power of vitamins and fi brussels sprouts a carrots, for a doubly tasting side dis

Recipes begin on page 102

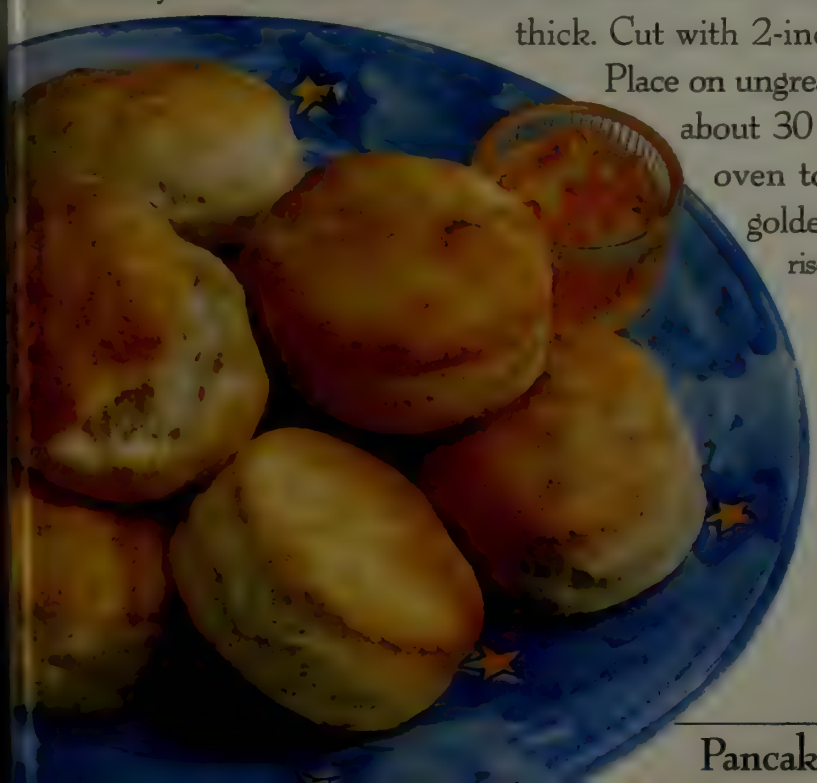


Angel Buns.

Angel Buns

1 package quick-acting active dry yeast
1 tablespoon sugar
1/4 cup warm water (105° to 115°)
2 cups Bisquick® Original or Reduced Fat baking mix
1/4 cup milk

issolve yeast and sugar in warm water in medium bowl. Mix in baking mix and milk until dough rms. Gently smooth into ball on surface dusted with baking mix. Knead 10 times. Roll 1/2 inch thick. Cut with 2-inch biscuit cutter dipped in baking mix. Place on ungreased cookie sheet. Let rise in warm place about 30 minutes or until soft and puffed. Heat oven to 425°. Bake 6 to 8 minutes or until golden brown. 9 to 11 buns. High Altitude: Let rise about 20 minutes. Heat oven to 450°. Bake about 5 minutes. ® Reg. T.M. ©1993 General Mills, Inc.





Pancakes, Biscuits And A Whole Lot More.™



I resolve to eat healthier snacks.



Apricot-Cardamom Bars

Silence those between-meal hunger pangs with these feel-good bars. They'll satisfy your cravings without spoiling your resolution.

Recipes begin on page 104

Butter Pe… Popcor…

When you crave … popcorn, reach f… buttery tasting tr… half the fat. Wh… secret ingredient… pecan pudding …

Buying information page 120



REMIER EDITION BY MARYSE NICOLE

From Maryse Nicole,
America's foremost doll artist.

The Bébé Bru

An Authentic Re-creation
Inspired by Priceless Bru Collector Dolls.
Bearing Maryse Nicole's Signature
in 24 Karat Gold.
Issued in a Premier Edition.
Limited to 45 Firing Days.

In Paris at the turn of the century, Casimir Bru created the most magnificent collector dolls the world had ever seen. Today those rare Bébé Brus are considered priceless by the world's leading authorities and collectors.

Now Maryse Nicole, America's best-loved doll artist, brings to life all the beauty of the precious Bébé Brus of a century ago in an exquisite heirloom doll especially for *you*.

Hand-painted porcelain.
Hand-blown glass eyes.

Like the legendary originals, *The Bébé Bru* is sculpted of fine bisque porcelain. Her sweet features are hand-painted. Her green eyes are sparkling glass, and her lustrous ringlets hand-styled. Her shimmering taffeta dress is lavishly accented with embroidered lace and hundreds of radiant faux pearls. With a removable jacket of rich moiré taffeta, bustled with three beautiful roses. Every detail authentic to the priceless Brus of long ago.

The Bébé Bru is a Premier Edition, which will *close forever* after just 45 firing days. As such, it bears Maryse Nicole's signature in 24 karat gold. Issued at just $195, payable in convenient monthly installments.

SATISFACTION GUARANTEED

If you wish to return any Franklin Heirloom Dolls purchase, you may do so within 30 days of your receipt of that purchase for replacement, credit or refund.

Please mail by January 31, 1994.

Franklin Heirloom Dolls
Franklin Center, PA 19091-0001

Please enter my order for The Bébé Bru by Maryse Nicole.
I need SEND NO MONEY NOW. I will be billed for my specially imported doll in 5 monthly installments of $39.* each, with the first payment due prior to shipment.

**Plus my state sales tax and a one-time charge of $3. for shipping and handling.*

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ALL ORDERS ARE SUBJECT TO ACCEPTANCE

MR. MRS. MISS _____
PLEASE PRINT CLEARLY

ADDRESS _____ APT. # _____

CITY _____

STATE _____ ZIP _____

TELEPHONE # (_____) _____

Resolution Recipes

continued from page 86

Microwave directions: Prepare batter as directed. Line 6-ounce custard cups or a microwave-safe muffin pan with paper bake cups. For each muffin, spoon 2 slightly rounded tablespoons of batter into each cup. Top with almonds. For custard cups, arrange cups in a ring on a microwave-safe plate. Micro-cook, uncovered, on 100% power (high) for specified time (see below) or till done, giving the plate a half-turn every minute. (To test for doneness, scratch muffin's top with a toothpick. The muffin should look cooked underneath.) If using custard cups, remove muffins from the oven as each tests done. Remove muffins from the cups or pan. Let stand on a wire rack 5 minutes.

For 1 muffin: Cook on high for 30 to 60 seconds.

For 2 muffins: Cook on high for 1 to 2 minutes.

For 4 muffins: Cook on high for 1½ to 2½ minutes.

For 6 muffins: Cook on high for 2 to 3½ minutes.

Ginger-Cream Spread: In a small bowl combine ⅓ cup nonfat soft-style cream cheese product, 1 tablespoon honey, and 1 tablespoon finely chopped crystallized ginger or ¼ teaspoon ground ginger. Stir till mixed. Makes about ¼ cup.

Nutrition facts per muffin: 166 cal., 5 g total fat (1 g sat. fat), 1 mg chol., 144 mg sodium, 30 g carbo., 3 g fiber, and 4 g pro. Daily Value: 10% vit. A, 6% vit. C, 5% calcium, and 13% iron.



For dinner, enjoy vegetable-packed Peppered Beef Salad (see recipe, page 103). It's a delicious and easy way to eat healthily all year long.

DUTCH BABIES WITH FARMER'S-STYLE EGGS

Nonstick spray coating
½ cup frozen egg product, thawed, or 1 whole egg plus 1 egg white
¼ cup skim milk
¼ cup all-purpose flour
1 Tbsp. cooking oil
½ tsp. dried thyme, crushed
1 cup loose-pack frozen hash brown potatoes with onion and peppers
2 oz. fully cooked ham, cut into julienne strips (scant ½ cup)
1¼ cups frozen egg product, thawed, or 3 whole eggs plus 3 egg whites
¼ tsp. salt
¼ tsp. dried oregano, crushed
⅛ tsp. pepper
Shredded low-fat cheddar cheese (optional)
Fresh thyme (optional)

Spray four 4¼-inch pie plates or 4½-inch foil tart pans with nonstick coating. Set aside.

In a medium mixing bowl use a rotary beater or whisk to beat the ½ cup egg product, milk, flour, oil, and thyme till smooth. Divide batter among prepared pans. Bake in a 400° oven for 25 minutes or till brown and puffy. Turn off oven; let stand in oven 5 minutes.

Meanwhile, spray a large nonstick skillet with nonstick coating. Cook potatoes over medium heat for 7 t 8 minutes or till tender, stirrin often. Stir in ham; heat through.

In a medium mixing bowl use wire whisk or rotary beater to bea the 1¼ cups egg product or 3 egg and 3 egg whites, salt, oregano, an pepper till combined. Add to pot toes in skillet. Cook, without sti ring, till mixture begins to set on t bottom and around edge. Using large spoon or spatula, lift and fo partially cooked eggs so uncooke portion flows underneath. Contin cooking over medium heat for 2 3 minutes or till eggs are cook throughout but are still glossy a moist. Remove eggs from the he immediately.

To serve, immediately aft removing Dutch Babies from ov transfer to dinner plates. Spoon e mixture into the center of ea Dutch Baby. Top with shredd cheese and garnish with fre thyme, if desired. Serve immedia ly. Makes 4 servings.

continued on page

Nature's Brightest Jewels

Brought to life with unparalleled Lenox artistry



gle ruby red rose perfectly complements the *Christmas*
Actual size: 5" high.



lack-capped *Chickadee* glistens against emerald
holly. Shown actual size.

Bring a world of beauty into your home with three exquisite bird sculptures handcrafted in the treasured Lenox tradition. Fine porcelain sculpture. Masterfully hand-cast and hand-finished to capture the delicate outline of every feather, the wafer-thin petals of every flower. Superbly painted by hand. To perfectly portray each subject's unique beauty in its own natural setting.

Each fine imported work of art will bear the prestigious Lenox® trademark in pure 24 karat gold, your assurance that it is an original work of art created with superb Lenox quality. Choose one, two or all three of these Lenox bird sculptures at only $45 each, payable in monthly installments. Please mail your order promptly.

LENOX



The jewel-bright *Hummingbird* "hovers" above a pink petunia.
Actual size: 3¼" high.

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Please mail by January 30, 1994

Please enter my reservation for the Lenox porcelain bird sculpture(s) listed below:

- ☐ Christmas Dove (882266)
- ☐ Chickadee (882258)
- ☐ Hummingbird (882878)

I need send no money now. I will be billed for each sculpture in three equal installments of $15* per month.

Signature _____ Telephone (___) _____

Name _____
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City _____ State _____ Zip _____

*Plus $3.98 per sculpture for shipping, handling and insurance. Sales tax will be billed if applicable. All orders subject to acceptance.

Mail to: Lenox Collections
P.O. Box 3020, Langhorne, PA 19047-9120

Now, Soup Starter®
has even more delicious
homemade flavor.

Mmm. Get ready for bigger, better tasting vegetables. More carrots, green beans, potatoes, celery and peas for an even heartier homemade flavor. Just add meat, water and let it simmer. One taste will tell you this is how homemade soup was meant to be.



BORDEN®
IF IT'S BORDEN-IT'S
GOT TO BE GOOD

More vegetables. More flavor.
(What a mouthful.)



Resolution Recipes

continued from page 92

Resolve to serve fish or seafood more often. Here's why: They're low in saturated fat (the type of fat that can raise your blood cholesterol) and high in omega-3 fatty acids (which can help lower your blood cholesterol). You and your family can benefit by eating fish at home two or three times per week. Try a new variety each time you shop.

SHRIMP AND LOBSTER BOUILLABAISSÈ

- 1 14½-oz. can low-sodium stewed tomatoes
- 1 cup reduced-sodium chicken broth
- 1 8-oz. bottle clam juice
- 3 medium leeks, sliced (1 cup)
- ½ cup water
- ¡ tsp. Cajun seasoning
- 1 tsp. finely shredded orange peel
- 1 8-oz. fresh or frozen lobster tail or 6 oz. cooked lobster, cut into chunks, or one 8 oz. pkg. frozen lobster-flavored, lobster-shaped fish pieces (surimi), thawed
- 8 oz. fresh or frozen peeled and deveined shrimp
- 4 slices French bread, toasted (optional)
- Snipped fresh parsley (optional)

In a 4½- or 5-quart Dutch oven combine tomatoes, broth, clam juice, leeks, water, Cajun seasoning and orange peel. Bring to boiling; reduce heat. Cover and simmer for 10 minutes.

Meanwhile, if using lobster tail, thaw lobster, if frozen. Use kitchen shears to cut lengthwise through the lobster shell. Turn tail over and cut through underside shell and meat. Cut each halved tail crosswise through shell and meat 3 or 4 times to make 6 or 8 pieces total.

Add lobster pieces and shrimp to broth mixture. (*Do not add* cooked lobster or surimi at this point.) Bring almost to boiling, then reduce heat. Simmer gently for 2 to 3 minutes or till shrimp just turn pink.

Add cooked lobster or surimi, if using; simmer about 1 minute more or till heated through.

To serve, place a bread slice in each soup bowl, if desired. Spoon shrimp mixture atop. Sprinkle with parsley. Makes 4 main-dish servings.

Nutrition facts per serving: 1 cal., 1 g total fat (0 g sat. fat), 1 mg chol., 579 mg sodium, 16 carbo., 5 g fiber, 20 g pro. Daily Value: 19% vit. A, 47% vit. C, 8 calcium, and 79% iron.

ZESTY JALAPEÑO FISH FILLETS

- 3 medium carrots, cut into julienne strips (1½ cups)
- 1 medium zucchini, cut into julienne strips (1½ cups)
- 1 lb. skinless fish fillets, such as red snapper, flounder, sole,

haddock, or orange roughy
cups water
tsp. instant chicken bouillon granules
cup couscous
cup jalapeño pepper jelly
Tbsp. white wine vinegar or vinegar
Tbsp. snipped cilantro or parsley

a saucepan cook carrots, cov-
, in a small amount of boiling
r for 2 minutes; add the zucchi-
nd cook 2 minutes more or till
tables are crisp-tender. Drain.
er; keep warm.
ray nonstick coating onto the
rack of a broiler pan. Place fish
n unheated rack. Season with
and pepper. Measure thickness
sh. Broil fish 4 inches from the
just till it flakes easily when
d with a fork. Allow 4 to 6 min-
per ½-inch thickness.
eanwhile, for couscous, in a 1½-
rt microwave-safe casserole
bine 1½ cups water and the
ken bouillon granules. Micro
, uncovered, on 100% power
) for 3 to 4 minutes or till boil-
Stir in couscous. Cover and let
l for 3 to 5 minutes or till liq-
s absorbed.
a small saucepan stir together
and vinegar. Heat and stir over
eat till jelly is melted.
o serve, use a fork to fluff the
cous; stir in the cilantro or
ey. Spoon the couscous onto
dinner plate. Top with a fillet
ome of the vegetables. Drizzle
the warm jelly mixture. Makes
in-dish servings.
trition facts per serving: 375 cal.,
otal fat (0 g sat. fat), 60 mg
, 358 mg sodium, 60 g carbo.,
fiber, 28 g pro. Daily Value:
% vit. A, 5% vit. C, 4% calci-
9% iron.

ke to eat 5 servings of fruit and ables a day. What an easy way to lower your risk of heart disease and some types of cancers.

continued on page 102

Success® Story.

Jenny Mayberry's Success Oriented

TIME SAVING BOIL-IN-BAG

1 bag Success® Rice
2 tablespoons vegetable oil
2 eggs, beaten
½ cup finely chopped celery
½ cup finely chopped carrots
1 tablespoon chopped fresh ginger
½ cup finely chopped red bell pepper
1 teaspoon sesame oil
2 tablespoons soy sauce
Chopped green onions (optional)
Cooked shrimp (optional)
Diced chicken (optional)

Prepare rice according to package directions. Preheat a large skillet over highest heat until very hot. Add oil and scramble eggs. Add cooked rice and vegetables. Stir and toss to blend quickly. Add sesame oil and soy sauce and optional ingredients, if desired.



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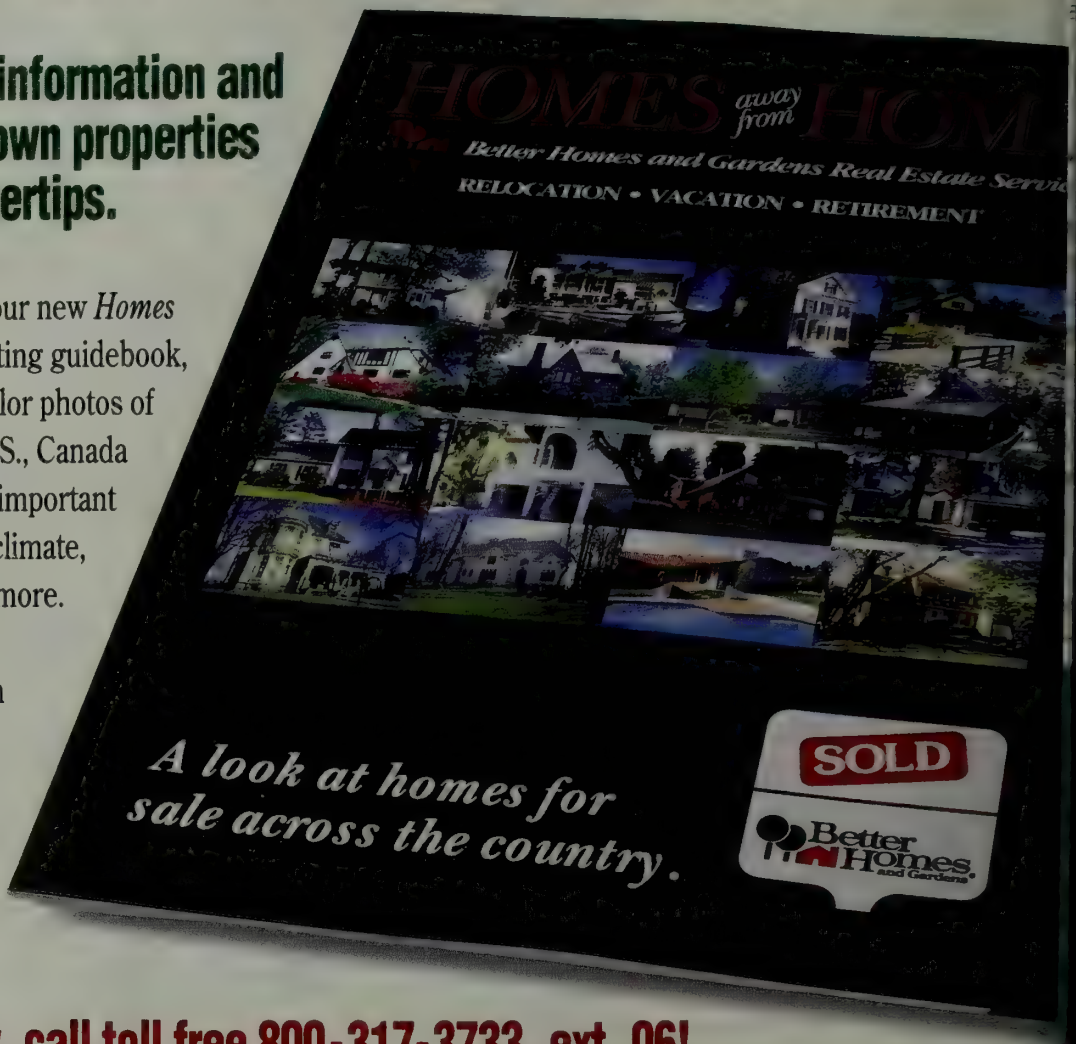
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SNEAK IN MORE FIBER

For those who want to add more fiber to their diet, try adding barley to favorite dishes. Cook the barley ahead and keep it covered in the refrigerator for up to one week or frozen for up to one month. To use, thaw if frozen, then stir ½ cup barley into every serving of soup, salad, or pasta sauce.

Donna England
Cowen, W.V.

SNIP, SNIP

One kitchen tool I have really appreciated over the years is my kitchen shears. And, my family knows they are used only for food! I use the shears to cut up vegetables, pizza, marshmallows, candied fruits, and much more. Dipping the blades in flour prevents the candied foods from sticking.

Mildred Schrock,
Goshen, Ind.

KID TESTED

Are your kids picky eaters? I've found that mine are more willing to try new foods (and like them!) if a recipe is named after them, such as Adam's Salad (my son's name).

Karin Parrott
Toulon, Ill.

EASY DOES IT

For times when you need just a little cooking oil, keep your favorite oil in a clean plastic spray bottle (look for plastic bottles in the beauty supplies section of your drug store or supermarket). Spray cake pans, casseroles, skillets, or griddles with no mess and no waste.

Margaret Pache
Mesa, Ariz.

SAVE THE JUICE

Don't discard the juice from your favorite canned fruit. Add a fruit flavor to your baked products by replacing any water called for in cake, brownie, or muffin recipes or mixes with an equal amount of the fruit juice, such as pear, peach, or pineapple. Look for fruit packed in their own juices.

Marlana Anne Padovani
Poughkeepsie, N.Y.

ARE YOU A CLEVER COOK?

The food editors of *Better Homes and Gardens®* magazine invite you to send us your niftiest kitchen tips. We're looking for clever ideas that make cooking easier, more healthful, or more rewarding for you and your family. We will pay $25 for each published tip. Please send tips to: The Clever Cook, BH&G Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine.

It's simple with Pasta Accents.®



Just put some of the Giant's Pasta Accents® vegetables with pasta next to that lonely chicken breast. The Primavera variety is a delicious combination of pasta and vegetables in a creamy Parmesan cheese-flavored sauce that will put a party on a plate in no time!



Healthier eating made easy...
Green Giant.®

Select-a-Size

The Bounty® You Customize

Sometimes a whole paper towel is too much...or too little. But with Bounty Select-a-Size you have a choice. It has special smaller sheets. So you can choose just what you need for each job and still be sure that you'll have Bounty's superior speed of absorbency and strength.*

And it's a Big Roll–so it's 50% longer. **50% more of The Quicker Thicker Picker-Upper.**

One sheet for small jobs.

Two sheets for regular jobs.

Three sheets for large jobs.



For the microwave. As a napkin. For small spills or drying hands.



For draining, scrubbing, cleaning, and regular size spills.



For windows. As a placemc For big spills.



The Quicker Thicker Picker-Upper.

*Wet strength and absorbency vs. national 2-ply paper towels

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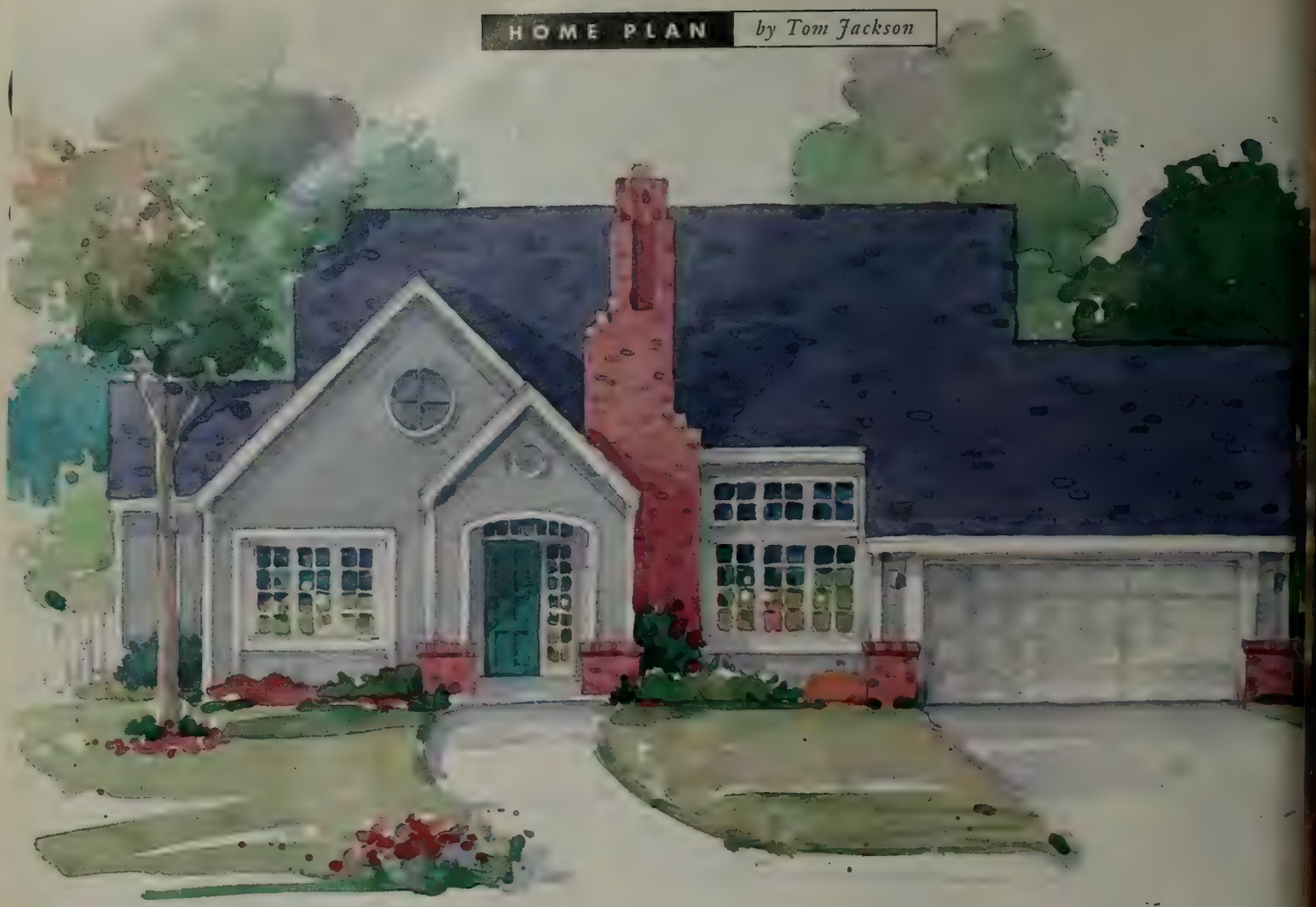
Angel Hair Pasta with Herbs. Only from Noodle Roni.

You've probably noticed how some sauces go with some pastas better than others. That's why Noodle Roni combines delicate angel hair pasta with a delicious blend of savory herbs. From the makers of Rice-A-Roni. The San Francisco Treat.

Pasta and sauces made for each other.

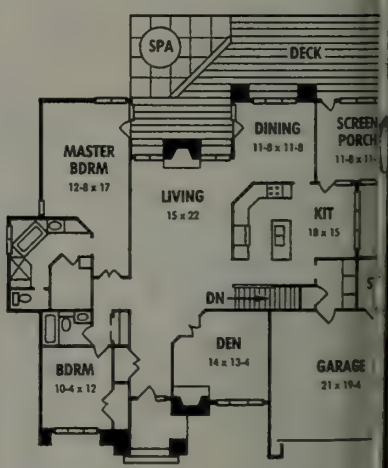
For more Main Dish Recipe Ideas, call the toll-free Rice-A-Roni/Noodle Roni Helpline at 1-800-431-2444.

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Cozy Nest for Two

For young couples just getting started, or for those whose kids have all flown the nest, this small home offers space-conscious design without any sacrifice in style or comfort. From the cottage-like arched entry, the home flows easily into an open floor plan. The fireplace in the living room, flanked by a pair of casement windows, makes a dramatic focal point. A second fireplace is offered in the secluded den. On fair-weather mornings, a screen porch—accessible from the breakfast nook—is sure to make life more pleasant. If it's headspace you crave, this house has it. The master bedroom and the dining room enjoy vaulted ceilings. Ceilings in the living room and the den are over 10 feet high.



Total living area: 1,889 sq. ft.

HOW TO ORDER PLANS:

1. Determine the number of plans desired and calculate the price from the listings in the next column. Add $12 for postage and handling, plus sales tax.*
2. Specify plan No. B-90065.
3. Send name, address, and check, money order, or credit card information to: BH&G/HomeStyles, 275 Market St., Suite 521, Minneapolis, MN 55405; or, call 800/848-8906. Blueprints and study plans are not returnable. Please double-check the plan numbers when ordering.

SET OF SEVEN $395
SET OF FOUR $365
ONE HOME PLAN $320

If you're not ready for full blueprints, try our Study Plan, $29.95 postage paid.

This one-page blueprint shows floor plans, four elevations, and kitchen and bath details. Study plan payment is deductible from blueprint cost.

*TAX NOTE: We are required to collect and pay state taxes in AL, AR, CO, CT, FL, ID, IL, IN, KS, MD, MA, MS, MO, NJ, NM, PA, and WI. We are required to collect and pay state and local taxes in CA, GA, IA, MN, NE, NY, NC, OH, TN, TX, VA, WA.

DESIGN: BLOODGOOD SHARP BU
ILLUSTRATION: GARY PALMER
FLOOR PLANS: MIKE HENRY

achos *di* Gallo Salame.



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SCOTT LITTLE

In a saucepan combine milk, cornstarch, and red pepper. Stir in peas. Cook and stir over medium heat till bubbly. Cook and stir 1 minute more. Gradually stir *half* of milk mixture into the egg yolk; return all of egg mixture to pan. Cook and stir till bubbly. Reduce heat. Cook 2 minutes more. Add fish. Stir in Madeira and lemon juice; heat through. If necessary, thin with a little *milk*. Spoon over rolls (use 3 rolls, reserving one for another meal). Sprinkle with snipped *chives*, if desired. Serves 3.

Nutrition facts per serving: 332 cal., 9 g fat, 98 mg chol., 490 mg sodium, 34 g carbo., 2 g fiber, 24 g pro.

FOOD

Lobster Taste On a Budget

When you crave something with lobster flavor, your budget says "no way," give in to this entrée. That tastes like lobster, minus the high price, is a fish product called surimi. Look for refrigerated or frozen lobster-flavored surimi in the grocer's fish section.

"LOBSTER" NEWBURG

- 1 12-oz. can evaporated skim milk (1½ cups)
- 2 tsp. cornstarch
- Dash ground red pepper
- ½ cup frozen peas (loose pack)
- 1 egg yolk
- 1 8-oz. pkg. frozen, lobster-flavored, salad-style fish, thawed
- 3 Tbsp. Madeira, dry sherry, or milk
- 2 tsp. lemon juice
- 1 pkg. (4) refrigerated crescent rolls, baked

English Muffin Pizza *alla* Gallo Salame.

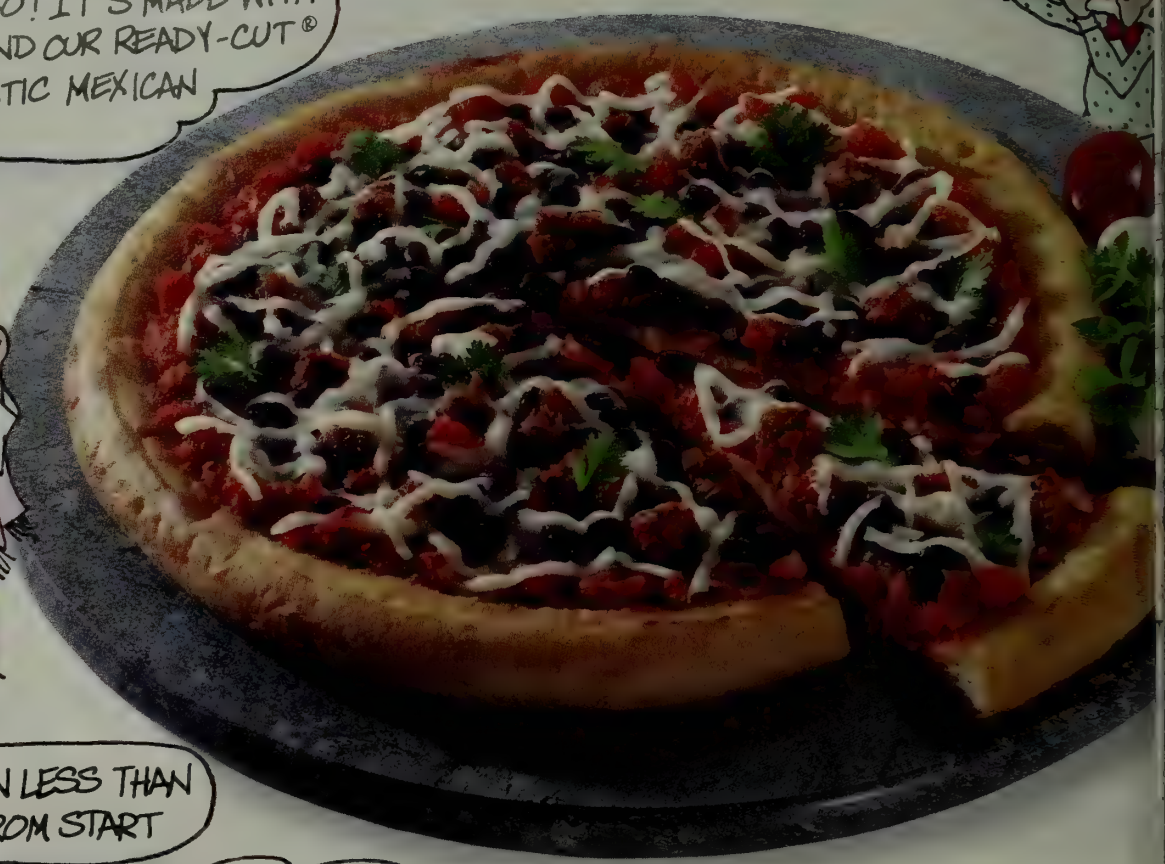


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ARE WE PLANNING TO MAKE A **PROFIT**, MR. S?

JUST REMEMBER THE OLD PROVERB, "LA RIQUEZA NO INTERESA CUANDO LA BARRIGA ESTA SATISFECHA."*

S&W Mexican Black Bean Pizza

2 large ready-made pizza crusts

1 can (14.5 oz) S&W Ready-Cut® Salsa (Mild or Medium)

1 can (15 oz) S&W Black Beans, drained well

½ pound chorizo, cooked, crumbled and drained well

⅓ cup chopped cilantro

1½ cups shredded Monterey Jack Cheese

Spread ½ of the salsa on each pizza crust. Divide the beans, chorizo, cilantro and cheese in half and arrange over salsa on each pizza in order given. Place on pizza pans and bake in 450°F oven for 8–10 minutes until cheese is completely melted. Serves 8 (2 slices per person).

Nutrition information per serving: [illegible] protein; 69 g carbo; 4 g fiber; 27 g fat; 45 mg [illegible] sodium. If lower fat content is desired, [illegible] sausage for chorizo.

For free recipes, write
S&W Fine Foods, San Ramon, CA 94583-0[illegible]



* RICHES MATTER NOT WHEN THE STOMACH IS SATIS[illegible]

S&W THE BEST. ALL THE T[illegible]

Homemade Ravioli

Making your own ravioli may sound difficult if you've never tried it before. But, this basic pasta recipe, made in the food processor, shows how simple it is to make. No pasta machine is needed, and you can make it when you have the time, then chill or freeze till needed. One forkful of these homemade pasta pockets will convince you that they're worth a little extra effort.



PHOTOGRAPHS SCOTT LITTLE

SPINACH RAVIOLI WITH THREE-CHEESE FILLING

- ½ of a 10-oz. pkg. frozen chopped spinach
- 1 egg
- ½ tsp. olive oil or cooking oil
- 1½ cups all-purpose flour
- 1 recipe Three-Cheese Filling
- 2½ cups desired pasta sauce
- Shaved or grated Parmesan cheese (optional)

Cook spinach according to package directions. Drain in a colander, using a spoon to press out as much liquid as possible. In a food processor bowl combine spinach, egg, and oil. Cover; process till nearly smooth. Add flour and ¼ teaspoon salt. Process just till dough forms a ball. Cover; let rest 10 minutes.

Divide dough in half. Cover 1 portion. On a lightly floured surface, roll other portion to an 18x12-inch rectangle, 1/16 inch thick. Arrange well-rounded teaspoonfuls Three-Cheese Filling 2 inches apart on pasta sheet.

Roll out remaining portion of dough to an 18x12-inch rectangle. With water, moisten bottom sheet of pasta around filling. Lay remaining pasta sheet on top of filling, matching edges of pasta sheets. With fingers, press to seal the 2 sheets around mounds of filling. With a pastry wheel or sharp knife, cut between mounds (see photo, *above*). You should have 24 ravioli.*



With a fluted pastry wheel or sharp knife, cut the pasta between the mounds of filling, forming squares.

In a large kettle or Dutch oven bring a large amount of water to a rolling boil. Add ravioli, a few at a time, so water does not stop boiling. Reduce heat slightly; continue boiling, uncovered, 6 to 8 minutes or till pasta is al dente (tender but still firm). Drain immediately. Serve with sauce and Parmesan cheese. Makes 4 main-dish servings.

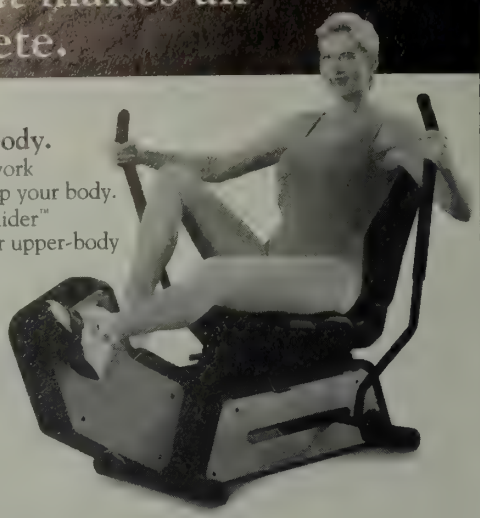
**To make ahead:* Dust ravioli with all-purpose flour. Let dry on a rack 1 hour. To use within 1 to 2 days, transfer ravioli to a covered container; chill. To freeze, place ravioli on a baking sheet. Cover; freeze till firm. Place in a freezer container. Seal, label, and freeze for up to 8 months. Cook frozen ravioli as directed.

Three-Cheese Filling: In a small mixing bowl stir together *half* of an 8-ounce package cream cheese, softened; ⅓ cup shredded mozzarella cheese; ⅓ cup grated Romano or Parmesan cheese; and 1½ teaspoons milk. Cover and chill till needed.

Nutrition facts per serving: 458 cal., 20 g total fat (10 g sat. fat), 105 mg chol., 990 mg sodium, 50 g carbo., 2 g fiber, and 19 g pro. Daily Value: 72% vit. A, 57% vit. C, 30% calcium, and 28% iron.

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REMODELING

When to Schedule a Plumber

Unless you're skilled at maj plumbing, expect to hire a plumb on a few occasions over the cour of a bathroom remodel. Here a some key points to keep in mind you schedule your project.

In the beginning. You'll need have a plumber in right away to d connect the sinks, the toilet, and t shower faucets. If you live in a pr 1970 house, the plumbing for yo faucets may not have individual c off valves. Be sure to have the installed at this early stage so y can tear the room apart withc having to turn off the water in t rest of the house.

You'll also want to pay care attention to any advice a plumb has as you tear out the old ba room. In particular, ask how work around pipes that are un the floor and in the walls. The thing you'll want to do is pay em gency rates after you've rupture water line.

After demolition is done. A everything has been torn out cleaned up, expect to have y plumber replace corroded und floor pipes, replace the tub if ne sary, or make any major change such as moving the plumbing f sink or toilet, or adding additi piping for a separate shower. may also want the plumber to t porarily remove any pipes t would get in your way as rebuild the walls.

The finishing touches. that you've finished remodel you're ready for the plumber's visit. The plumber should set fixtures and install the faucets.

vision of exquisite beauty
on her wedding day...

orning Song

by Judy Belle



Shown smaller than actual height of approximately 16".

These are the Folgers Crystals...



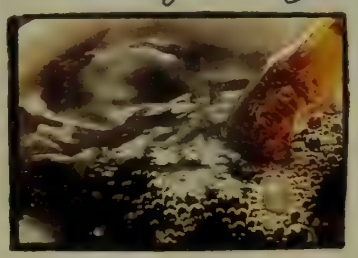
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HINTS FOR THIS MONTH'S CATEGORIES

Fresh Tomato Ideas: When the season for ripe, red tomatoes hits, how do you take advantage of their wonderful flavor? Do you make a one-of-a-kind salsa or sauce? Maybe you serve a special salad or a side dish that your family craves.

Peach Sensations: Send us your ultimate, favorite creation for sweet, juicy peaches. Pies, tarts, cakes, or any peach dessert qualifies.

THIS MONTH'S WINNERS- pages 109 and 110

All winners received RUBBERMAID dinnerware.

$200 Winners: Andrea Ray Chandler, Olathe, Kan.; Stella Wolf, Culver City, Calif.

$100 Winners: Kelly L. Delahunty, Inver Grove Heights, Minn.; Beverly McCabe, Platteville, Wis.

Honor Roll Winners: Mrs. Norbertine Balka Hammond, Ind.; Melissa Gilbert, Frederick, Md Wolfgang H. Hanau, N. Miami, Fla.; Mona Knock Chicago, Ill.; Julie DeMatteo, Clementon, N.J.; Me Tomlin, Libertyville, Ill.

CONTEST RULES 1. Contest is open to U.S. residents, exce Meredith Corp. employees, its affiliates, subsidiaries, and families. 2. Wi each entry, print your name, address, and recipe marked "August Fre Tomato Ideas" or "August Peach Sensations." Specify brands and reci origin. 3. Address recipes to 9408 Food Dept., Better Homes and Garde Des Moines, IA 50309-3023. 4. Postmark all entries by January 30, 19 5. Winners are selected about 60 days later, then notified by ma 6. Entries must be original, and are judged on creativity, taste, a practicality. 7. Entries are not returned. All copyright rights of winni recipes belong to Meredith Corp. We reserve the right to adjust winni recipes. 8. Entry constitutes permission to use winner's name and hometo name for editorial and promotional purposes.

Walk on the Tame Side

THERE'S NEW HOPE FOR YOUR FEISTY DOG.

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ou don't have to pit your strength against your
og's. Just pull on the lead to get your pup's nose in
e air, and the loop automatically puts pressure on
e muscles at the back of its neck. The result: Bubba sits, closes his mouth, and stops barking. You should immediately reward him by saying, "Good dog," or by giving him a treat. Most dogs respond within minutes, but daily practice reinforces the behavior. After your dog is trained, it will act as if it's wearing the Promise System even when it has on a regular choke collar.

Other benefits. Included is a thinner lead you can use indoors to teach Bubba not to rifle through the garbage or jump on the couch or your guests. Also, it lets kids enjoy a hassle-free jaunt with the family pet.

Buying information. To ensure a proper fit, the head collar is sold through veterinarians, not pet stores. Prices range from $30–$40. When you buy from obedience instructors as part of a training package, the system is called the Gentle Leader.

Promise System, Ameri-Pet Inc., 511 Eleventh Ave. S, Dept. BHG, Minneapolis, MN 55415; 800/333-1231.

Which Lab Has Too Much Flab?



It's hard to spot an overweight dog using your eyes. Instead, use your hands. Put your thumbs along your dog's spine and your fingers around his middle. If you can't easily feel his ribs, you may have a good reason to get your hands on Purina® Fit & Trim® brand adult dog food.

It's specially formulated with fewer calories and less fat than the leading brand, to help dogs that lead *too* much of a dog's life.

So try the test. And if your Lab's too flabby (like the one on the right), try Purina Fit & Trim.



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Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below. Some privately owned or custom-made items have been omitted from the product listing.

OUR PICKS FOR 1994

Pages 19-24: seeds—W. Atlee Burpee & Co., Warminster, PA 18974; and Park Seed Co., Cokesbury Rd., Greenwood, SC 29647-0001.

Pages 24: brick—Glen-Gery Corp., P.O. Box 7001, Wyomissing, PA 19610; 215/374-4011; or 101 Ashworth Rd., West Des Moines, IA 50265; 515/224-4110. **Garden construction**—P.B.S. The Landscapers, 5555 NW. Beaver Dr., Johnston, IA 50131; 515/278-1118. **Wooden raised beds**—for a free booklet on building wooden raised beds and other outdoor projects, send $2.50 to Western Wood Products Assoc., Dept. BH-567, Yeon Bldg., 522 SW. Fifth Ave., Portland, OR 97204-2122.

KITCHENS WITH PERSONALITY

Pages 46-47: Architect—Looney, Ricks, Kiss, 88 Union Ave., Suite 900, Memphis, TN 38103. ***(Left):* ovens, warming drawer, stove**—Thermador, 5119 District Blvd., Los Angeles, CA 90040. **Dishwasher**—In-Sink-Erator Co., Div. of Emerson Electric Co., 4700 21st St., Racine, WI 53406. **Counters**—Formica Corp., 10155 Reading Rd., Cincinnati, OH 45241. **Ceramic tile**—Monarch Tile Co., 4072 Senator St., Memphis, TN 38118; 800/BUY-TILE. **All lights**—Graham Lighting, 550 S. Cooper Ave., Memphis, TN 38104; 800/362-8099. **Windows**—Weather Shield Mfg., Inc., P.O. Box 309, Medford, WI 54451; 800/477-6808. ***(Right):* custom sink**—Memphis Sheet Metal Works Inc., 2312 Channel Ave., Memphis, TN 38113. **Faucet**—Delta Faucet Co., 55 E. 111th St., Indianapolis, IN 46280.

Pages 48-49 *(Right):* ovens, stove, cooktop, warming drawer—Thermador (address above). **Dishwasher**—In-Sink-Erator Co. (address above). **Ceramic tile**—Monarch Tile Co. (address above). **Refrigerator**—Traulsen & Co. Inc., Attn.: Ultra Div., P.O. Box 169, College Point, NY 11356-9990. **Recessed lights**—Graham Lighting (address above). **Windows**—Weather Shield Mfg., Inc. (address above). **Island sink**—Franke, Inc., Kitchen Systems Div., 212 Church Rd., North Wales, PA 19454; 800/626-5771. **Faucet**—Delta Faucet Co. (address above).

Pages 50-51: Architect—Elida Schujman, 591 Redwood Hwy., Ste. 2175, Mill Valley, CA 94941. **Dishwashers, ovens, disposals**—KitchenAid, 2000 M-3 North, Benton Harbor, MI 49022. **Cooktop**—Creda, Inc., 5700 W. Touhy Ave., Chicago, IL 60648; 800/99-CREDA. **Barbecue and hood fan**—Thermador (address above). **Ceiling lights**—Capri Lighting, 6430 E. Slauson Ave., Los Angeles, CA 90040.

Pages 52-53: microwave—Gold Star Electronics Int'l., Inc., 1000 Sylvan Ave., Englewood Cliff, NJ 07632. **Dishwasher**—KitchenAid (address above).

Pages 54-55: Architect—Mark Christopher, AIA, 7752 Fay Ave., Ste. H, La Jolla, CA 92037. **Refrigerator, ovens**—GE Appliances, Appliance Park, Louisville, KY 40225; 800/626-2000. **Cooktop**—Thermador, 5119 District Blvd., Los Angeles, CA 90040. **Window**—Kolbe and Kolbe Millwork Co., Inc., 1323 S. 11th Ave., Wausau, WI 54401. **Recessed lights**—Halo Lighting, Div. of Cooper Ind., 400 Busse Rd., Elk Grove Village, IL 60007.

PLACES, EVERYONE

Pages 60-61: Project designer—Jim Williams. **Country French chair**—The Door Store, No. 1 Park Ave., New York, NY 10016. **Patchwork print fabrics:** "Men's Club"—V.I.P., 1412 Broadway, New York, NY 10018; "Richmond Hill," "Extravaganza," and "Country Fantasies"—Springmaid, a Div. of Springs Ind., 104 West 40th St., New York, NY 10018; "Scarlet Flowers," "Emperor's Gold," and "Graphics"—Concord Fabrics, 1359 Broadway, New York, NY 10018; "Country Charm"—Marcus Brothers, 1460 Broadway, New York, NY 10036. **Windsor chair**—The Door Store (address above). **White fabric,** "Birdseye Pique"—Arthur R. Johnson Co., 4 Commerce Rd., P.O. Box 854, Fairfield, NJ 07007. **Check fabric,** "Dan Check No. 704"—Dan River, 111 West 40th St., New York, NY 10018. **Embroidery floss**—DMC Corp., Port Kearny, Bldg. No. 10, South Kearny, NJ 07032-0500.

Page 62: Parsons chair—The Door Store (address above). **Buttons**—B. Blumenthal, 140 Kero Rd., Carlstadt, NJ 07072. **Lime inset fabric,** "Sungleam Chintz"—Lanscot Arlen, 295 Fifth Ave., New York, NY 10016. **Chair fabric,** "Durango, Grapevine"—Concord Fabrics (address above).

RESOLUTION RECIPES

Page 76 *(top):* plate, "Peri Wheat"—Wolfman-Gold & Good Co., 116 Greene St., New York, NY 10012.

Page 79: plate—Bloomingdales; 800/777-0000. **Fork**—Present Concepts, 3101 Ingersoll Ave., Des Moines, IA 50312.

Page 82 *(bottom):* plate, "Countryware"—Wedgwood, 41 Madison Ave., New York, NY 10010.

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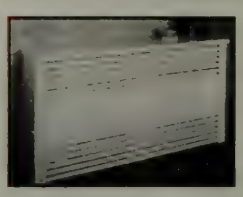
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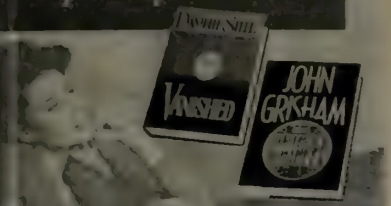
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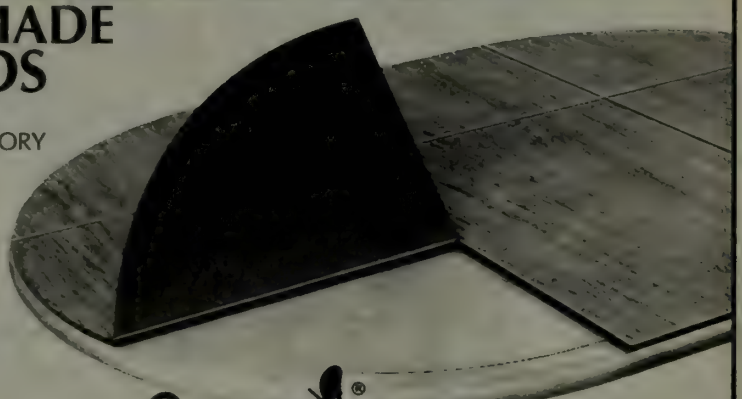
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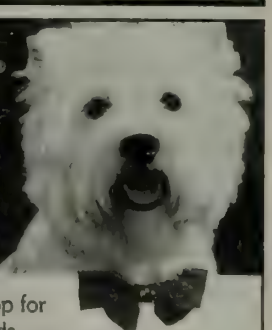
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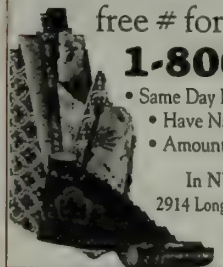
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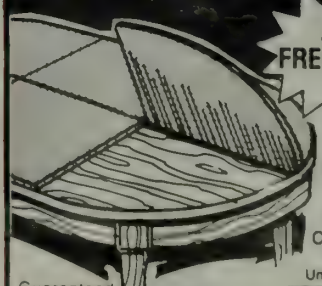
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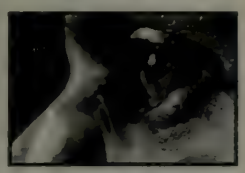


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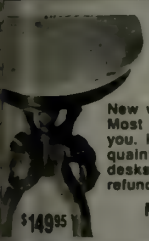


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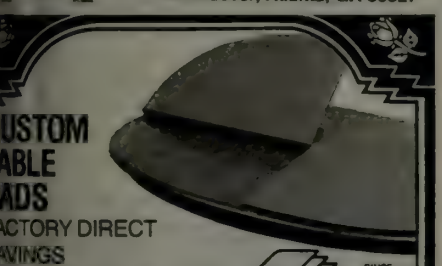


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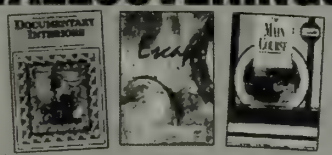
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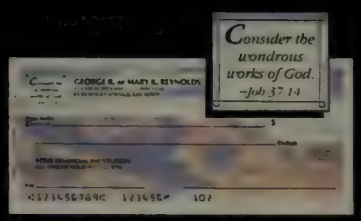
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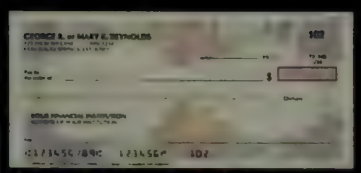
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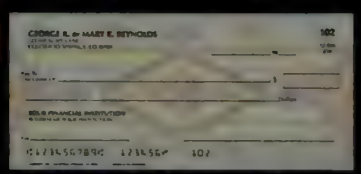
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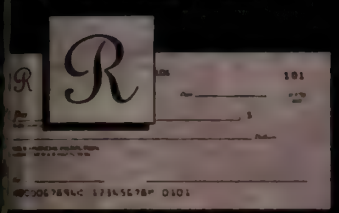
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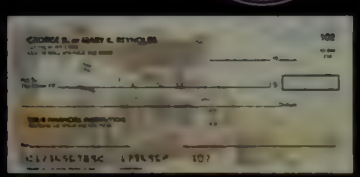
Summer Splendor 5 designs



Shades of the Southwest 4 designs



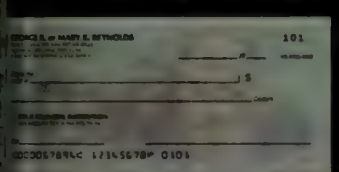
Marbled Fan 1 design FREE monogram!



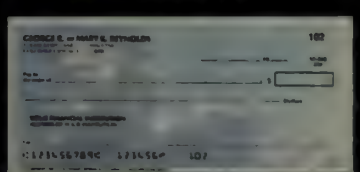
Countrysides™ 8 designs



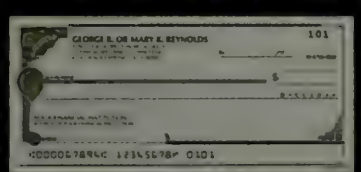
Endangered Young'uns®† 4 designs



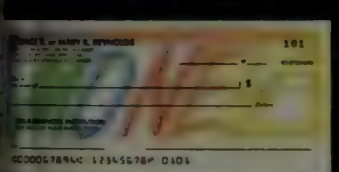
Lovable Plush Bears 4 designs



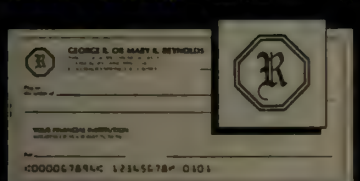
Nature's Majesty 5 designs



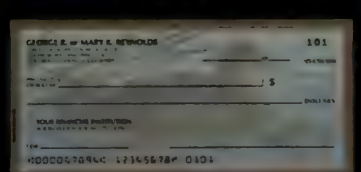
Certificate 1 design



Neon Money 1 design

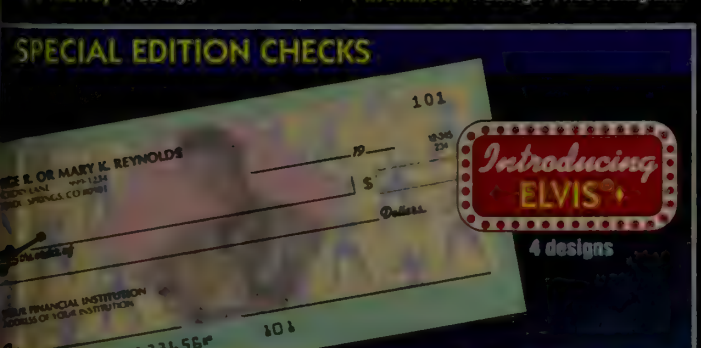


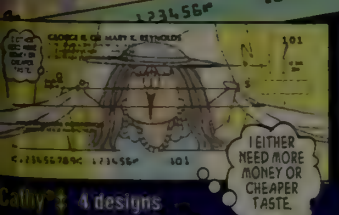
Parchment 1 design FREE monogram!



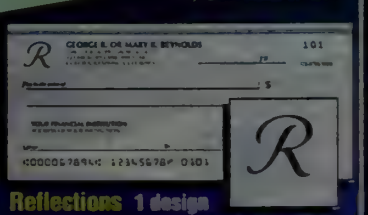
Wildlife Adventure 4 designs

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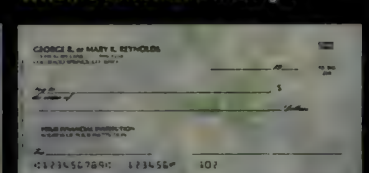




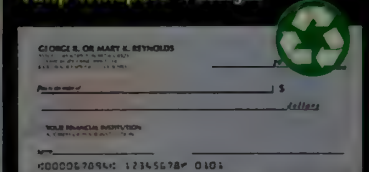
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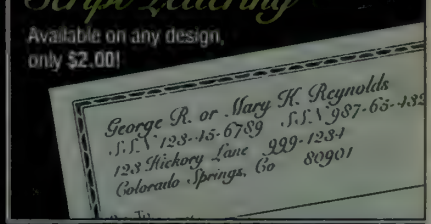
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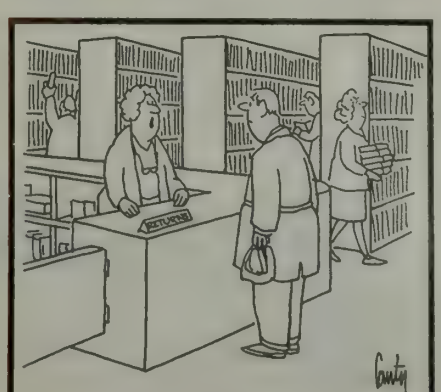
"Well, at least he's not glued to the TV set."

Every January 1st, Chris proposes at least one resolution that she's sure she can keep. This year she is promising to give back two hugs for each one she receives.

Burt Jr., feeling all of his 14 years, has been experiencing some dramatic mood swings lately. Unfortunately, no matter what his mood, it seems to include stomping around the house.

Our Judy, 9, thought she had found a high-tech solution to the problem of writing a one-page book report. She wrote it on our home computer and used a jumbo-size type. Her teacher soon caught on, however, and now assigns 300-word book reports instead.

Good customer relations are one thing, but Aunt Opal called last week to report that if the new bank in her neighborhood gets any friendlier, she may just have to call the police.



"Our National Geographics don't go back as far as 1962. Have you tried your doctor's office?"

Dot Dresch notes that in Canada, the day after Christmas is called Boxing Day. "We observe that holiday in our house too," she says. "That's the day I box up the clothes that Dick has given me so I can exchange them for ones that are my size."

Elaine Cowan is getting ready for her annual midwinter vacation. "I'm trying one of those singles resorts," she reports. "If nothing else, I shouldn't have to check the guy's ring finger for tan lines."

"Diseases are like gemstones," says Doc Hannelly. "The rarer they are, the more they're going to cost you."

Dick Dresch contends that the new automobiles will warn the owner about everything from underinflated tires to engine trouble—just about everything except when your teenage son is about to borrow the car.

~ One of the rewards of 20 years of marriage is the shorthand communication style a couple develops.

Take this "conversation" Chris an I had on a recent walk. After five minutes of silence, I said, "So . . . ?"

"Umm!" Chris responded emphatically. "Blue? But not the . . . ."

"Definitely," I agreed.

After a few minutes of silence, Chris asked, "What about . . . ?"

I replied with a small shrug and arched eyebrows. Then we both fell to knowing chuckles.

Translation: So, shall we go ahead and buy a new family room rug as an anniversary present for my folks Yes, in the blue berber style, not the cut pile type. And, yes, I will take u the old carpet, but only if Chris agrees to help move the furniture.

Our private language conveys much more than simple words ever could. But what makes "Hillis" so special is that there are only two native speakers in the whole world.

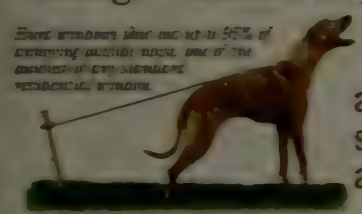
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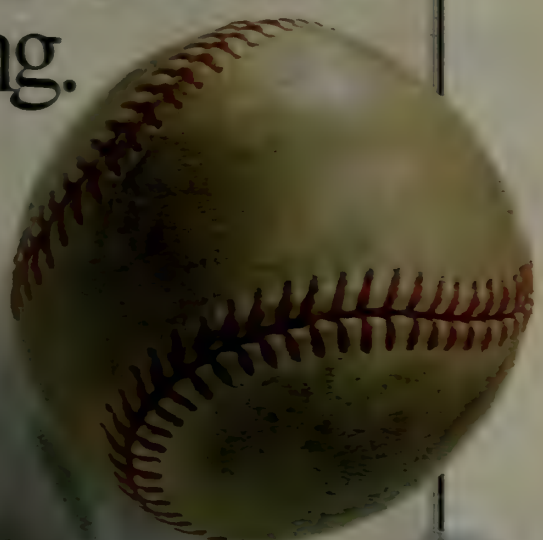
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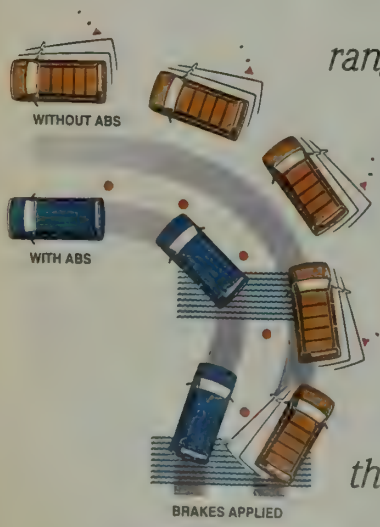
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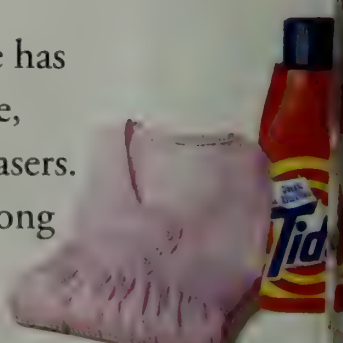


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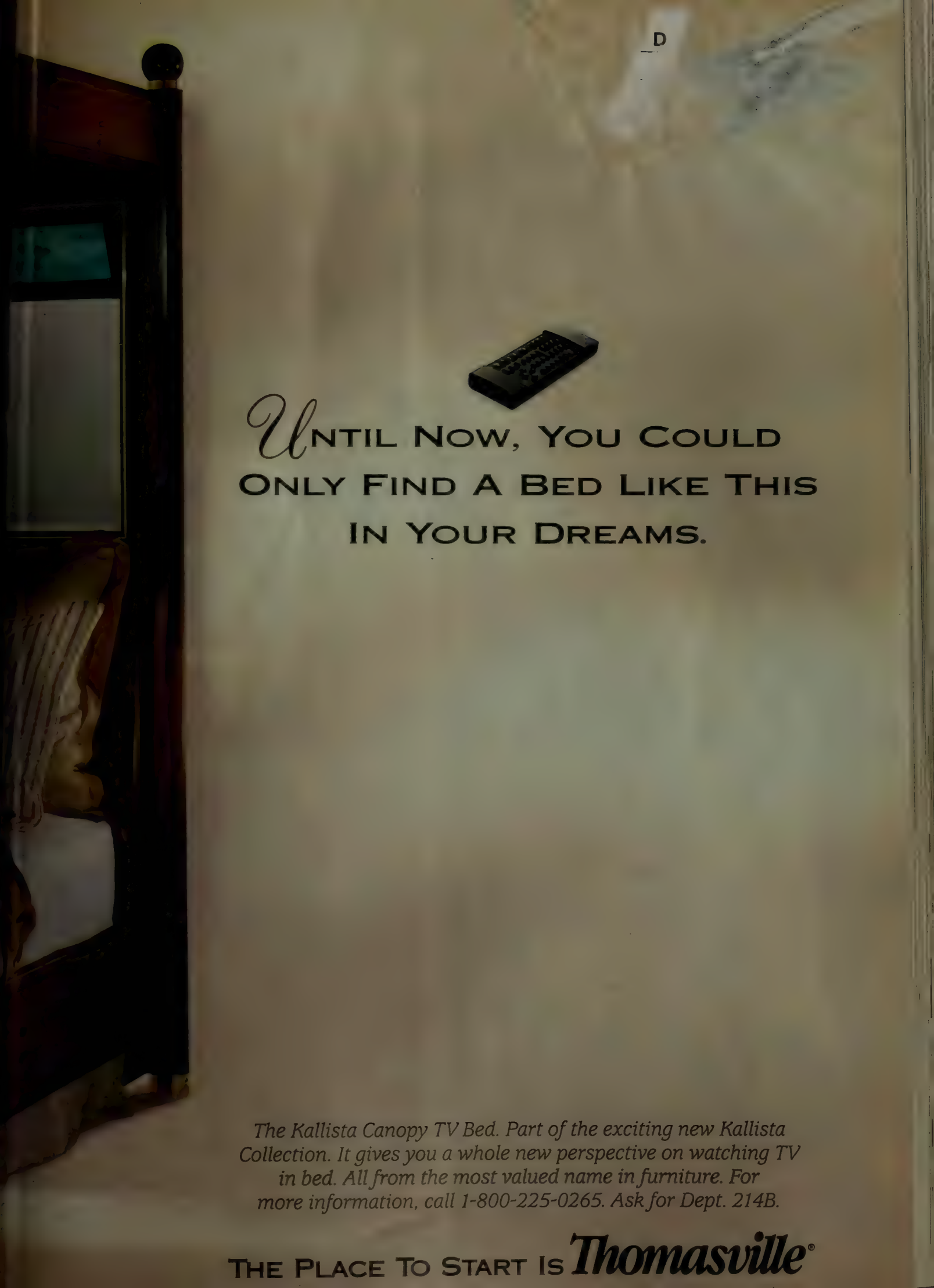


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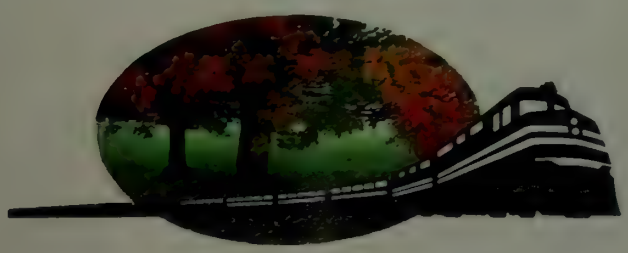
and Lela Peterson
of Scranton, Iowa.

They have 3 kids, a dog
and a turtle. And tickets to
Los Angeles on the Southwest

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to your hats. Or, possibly to each
other. Because a train trip will
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tion cars. You swoon over the scenery. ♦ You
learn from a Native American guide about the
legend of the lovelorn Maiden of the Rock, who

jumped from a cliff RIGHT OVER THERE. Sigh. ♦ (A TRAIN TRIP
IS LIKE ONE LONG, FASCINATING DATE.) ♦ Then Amtrak's
version of the Cruise Director reminds you about the games
and hospitality hour in the lounge. Which makes you feel very
hospitable. ♦ That night, dinner in a dining car, with linen, china
and chefs. You hold hands under the table. Could anyone blame you?
♦ The lights darken. A movie is playing in the lounge. You watch
the movie, and then the stars. ♦ And then, well, that's your business.



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Better Homes and Gardens (ISSN 0006-0151) is published monthly at $17 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. **Subscription prices:** One year $17 in the United States and its possessions. Canada, add $12 per year. Other countries, add $12 per year. Trademark registered in Canada and Australia. Marca registrada en Mexico. Manuscripts and photographs: They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. BOX 4536, DES MOINES, IA 50336-4536. FEBRUARY 1994. VOL. 72, NO. 2.

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"When I get a yeast

infection, the last thing I want to use

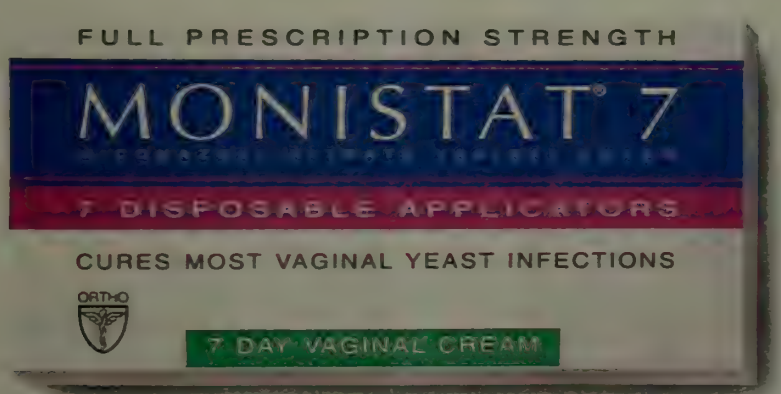
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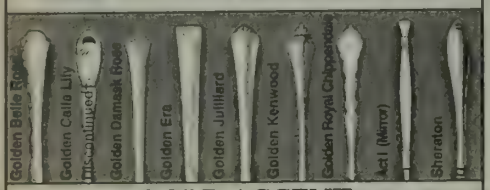
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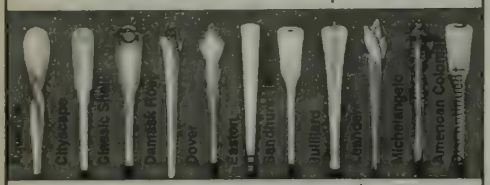


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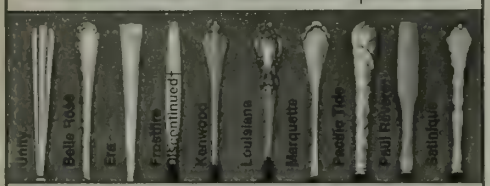
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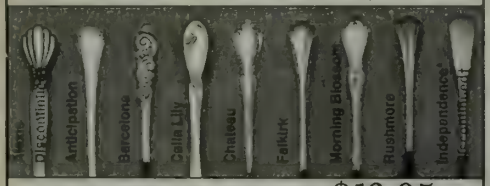
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Oval Soup Spoon	16.75	8.35	12.50	6.65	9.75	5.15	7.00	3.65
Iced Tea Spoon	16.75	8.35	12.50	6.65	9.75	5.15	7.00	3.65
Salad Fork	16.75	8.35	12.50	6.65	9.75	5.15	7.00	3.65
Place Fork	16.75	8.35	12.50	6.65	9.75	5.15	7.00	3.65
Cocktail Fork	16.75	8.35	12.50	6.65	9.75	5.15	7.00	3.65
Butter Spreader (A)	23.00	11.35	18.00	9.65	13.50	7.15	9.50	5.05
Place Knife	23.00	11.35	18.00	9.65	13.50	7.15	9.50	5.05
Butter Knife	23.00	11.35	18.00	9.65	13.50	7.15	9.50	5.05
Sugar Spoon	23.00	11.35	18.00	9.65	13.50	7.15	9.50	5.05
Tablespoon	33.50	16.45	25.00	13.15	19.25	10.05	13.75	7.15
Pierced Tablespoon	33.50	16.45	25.00	13.15	19.25	10.05	13.75	7.15
Cold Meat Fork	33.50	16.45	25.00	13.15	19.25	10.05	13.75	7.15
Gravy Ladle	33.50	16.45	25.00	13.15	19.25	10.05	13.75	7.15
8 Teaspoons	134.00	64.95	100.00	51.95	78.00	39.95	56.00	27.95
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ANDREA BUCCI

Even without videos or panoramic color photos, recalling special times and people is just a flash of memory away. I may be old-fashioned, but I think memories are often better than photos.

No camera could have captured what it felt like growing up with a brother and a vivid imagination. Al and I did various stints as make-believe cattle rustlers, pilots, soda jerks, even auto mechanics. As a matter of fact, Mom's old buffet still has chalk-drawn auto parts on its underside that turned the server into a race car badly in need of repair. Memories like these don't need photos to recapture the time.

Some things, however, aren't so easily held in a person's memory and that's where the photos and text of magazines come in. It's always been fun, as an editor, to prowl through old issues and notice how we and our homes have changed over the 72 years *Better Homes and Gardens*® has been recording those family-life trends.

But, now, unfortunately, an important part of our magazine's history is missing. When last summer's flood hit the Midwest, it not only crippled our operation, it destroyed our archives and we lost many of our earliest issues. We'd like to ask you for your help.

If you have any 1920s copies of our magazine (or *Fruit Garden and Home*®, as it was originally titled,) please let us hear from you. In this case, memories, as wonderful as they are, aren't quite enough. Thanks for helping.

Jean LemMon

Jean LemMon, *Editor in Chief*



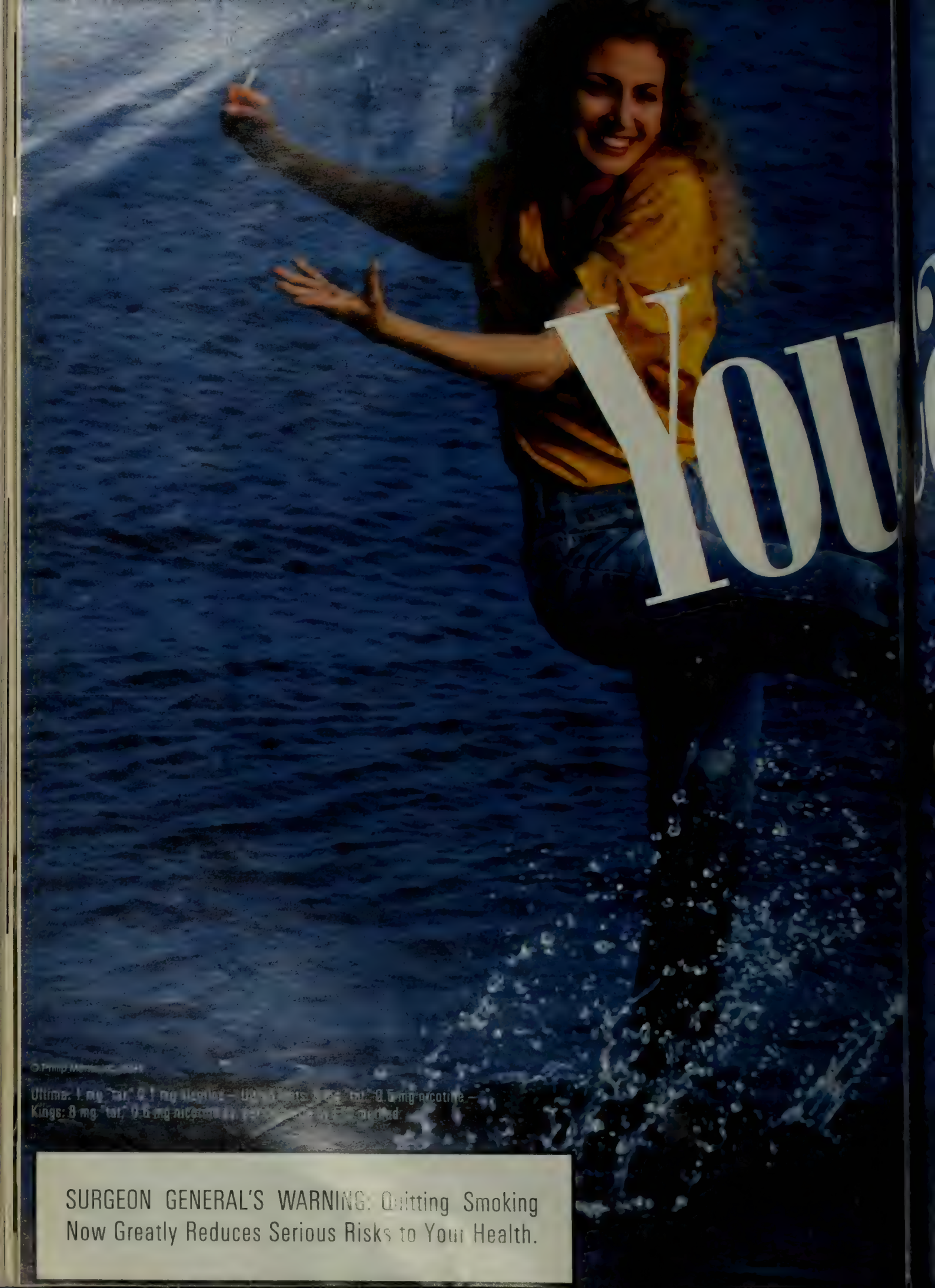
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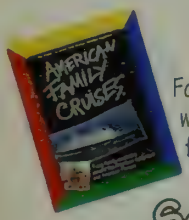


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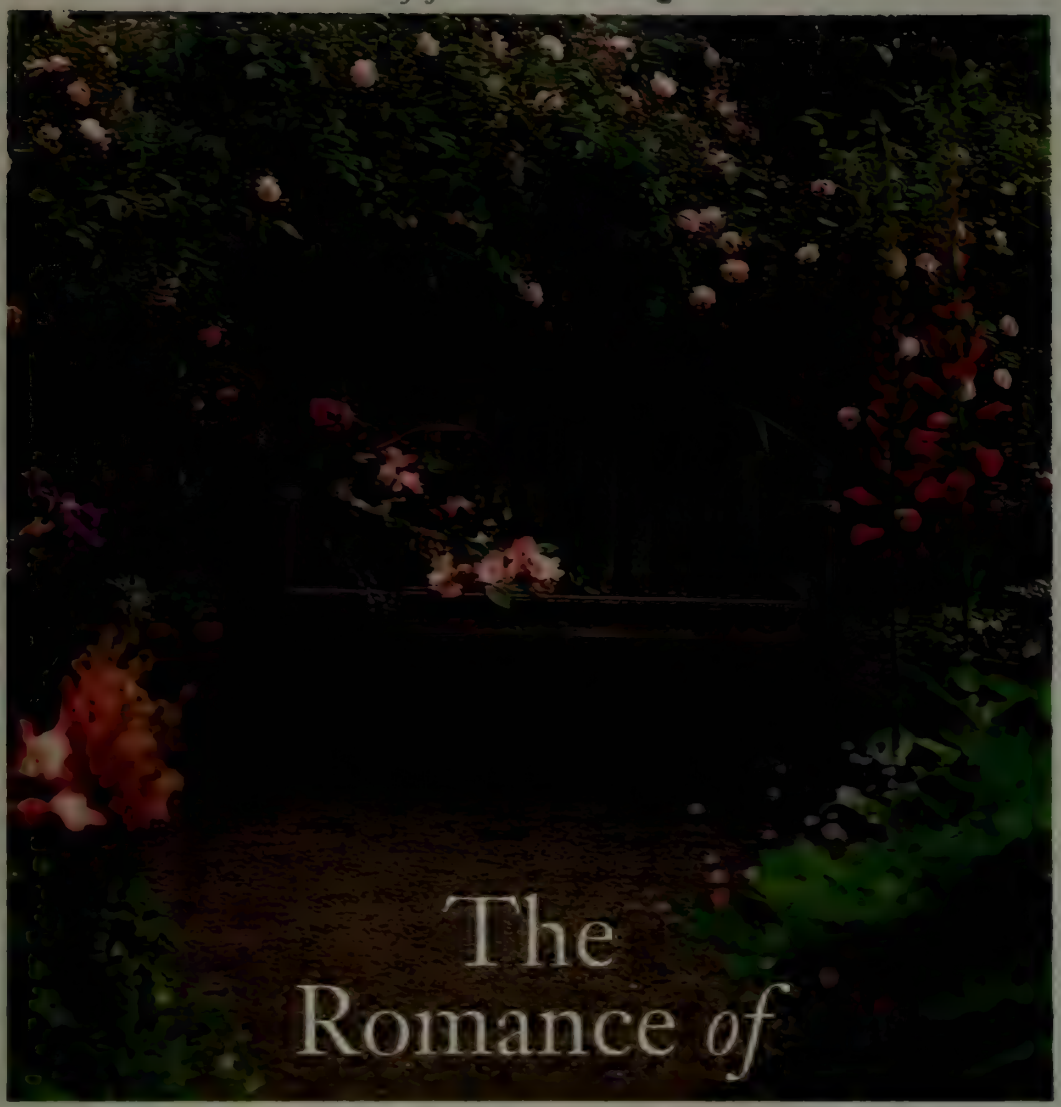
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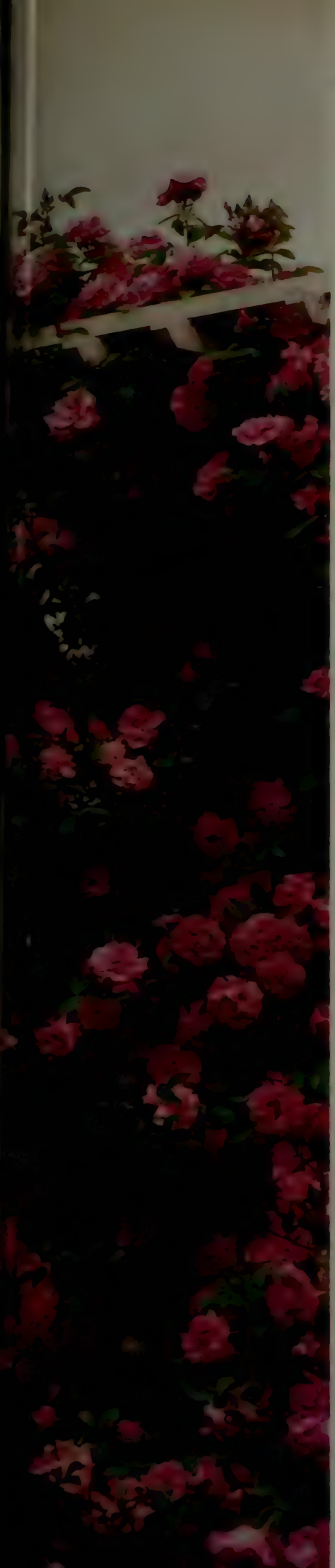
The Romance *of* ANTIQUE ROSES



Everything's coming up roses for Oregon gardeners Susan and Todd Lewis. Their garden bursts with nostalgia and romance—not to mention year-round color and fragrance—from antique roses. There are pinks, musks, rugosas, and Bourbons. Some create flowery bowers; others are blossom-filled bushes. All are fragrant beauties that bloom again and again throughout the season. Once you have taken a tour of the Lewises' rose garden, use our tip box on *page 30* to choose the right antique roses for your garden setting.

PHOTOGRAPHS: STEVE CRIDLAND. LANDSCAPE DESIGN: BRAD STRANGELAND. REGIONAL EDITOR: BARBARA MUNDALL







The Romance *of* ANTIQUE ROSES

Zephirine drouhin, *above*, is a thornless Bourbon rose with bright-pink, semi-double flowers. Here Zephirine, lacecap hydrangea, and wisteria combine to make a colorful, fragrant trellis planting.

This garden gate, *left*, invites investigation. Roses cascading over the garden wall greet passersby with color and fragrance. Roses pictured are (clockwise from bottom) Frau Dagmar Harstrup (a bush rugosa that's attractive to bees), Cecile Brunner (a vigorous, climbing pink polyantha), and Zephirine drouhin (a semi-double, thornless pink Bourbon).

FIVE YEARS AGO, the Lewises created a garden that mixes Victorian charm with modern-day family life—which includes their three young children. Roses were not part of the original landscape, but Todd and Susan had their hearts set on antique roses.

"These are the first roses we've ever grown," Todd says. "We have no hybrid teas—only antiques." Why antique roses? They have all of the qualities that Susan and Todd were looking for: fragrance, repeat blooming, hardiness, and disease resistance. Most of the varieties the Lewises planted are resistant to black spot, mildew, and rust.

The roses are planted in groups of three, five, or seven to create drifts of color and fragrance throughout the garden. Susan and Todd placed rose cultivars strategically: The Zephirine drouhin roses planted on either side of the gate, for instance, are thornless, so unsuspecting garden guests don't get "hung up" on thorns. The fragrant rose draping over the wall behind the garden bench is Cornelia,



The Romance *of* ANTIQUE ROSES



Hardy rugosa roses pair disease-resistant foliage with fragrant flowers. They're tried-and-true favorites that make nice hedges and do well in sandy soils.







The Romance *of* ANTIQUE ROSES

If you're looking for a rose to add to your collection, don't overlook the many rugosas, *above*. You can find rich fragrance in single, semi-double, and double flowers in white, pink, and red. Rugosas also set colorful hips when flowers fade.

Roses aren't the only flowers in the Lewises' garden, *left*. Perennial beds filled with iris, hardy geraniums, delphinium, lythrum, and daylilies border the walk to the garden shed. Terra-cotta pots filled with ivy geraniums and calla lilies add color to the walkway.

a hybrid musk with coral buds that open to pink flowers. "It smells wonderful as you sit on that bench," Susan points out. The rugosa roses (Rubra with blush flowers and Alba with white flowers) are what the Lewises call their "sentry roses." They climb along and cascade over the garden wall, providing a thorny barrier to animals out to wreak havoc in the garden.

Although roses take center stage in the Lewises' garden, they aren't the only flowers in the quarter-acre plot. Bulbs, perennials, herbs, vegetables, and native plants are grouped throughout the garden to create thematic floral displays. There's an old-fashioned garden, a kitchen garden, a woodland garden, and a parterre garden.

Susan and Todd patterned their plantings after an English cottage garden, gathering antique roses and old-fashioned flowers to create rich panoramas bursting with color, fragrance, and romance. The result is a gardener's paradise.

The Romance *of* ANTIQUE ROSES



The garage and garden shed reflect the house's Victorian style, and the roses around the drive complement that image. On the left is Delicata, a hardy rugosa; the climbing rose above the drive is Cecile Brunner, a vigorous pink.

TIP BOX

You don't need a quarter-acre garden to grow antique roses. To help you get started, we've put together a list of varieties that will do well in just about any garden situation.

For sloping sites. Varieties that work well on slopes and banks also help prevent soil erosion: Alba Meidiland, Scarlet Meidiland, Marie Bugnet, May Queen, *Rosa virginiana*.

For partial shade. There are antique roses that bloom in partial shade, although flower fragrance may be reduced in some varieties: Belinda, Autumn Delight, Cornelia, Felicia, Grüss an Aachen, Hanseat, Kathleen, Pax, Wind Chimes.

For creating a hedge. Antique roses that form hedges create living walls of fragrant blooms: Blanc Double de Coubert, Bonica, Pink Meidiland, Sevillana, Prairie Fire, The Fairy, William Baffin.

For harsh, cold climates. Many antiques are hardy, overwintering in places such as Minnesota and northern Maine: Amiga Mia, Austrian Copper, Climbing New Dawn, Eglantine, Gertrude Jekyll, Lawrence Johnston, Madame Zoetmans, May Queen, Prairie Flower, Therese Bugnet, Waldfee.

For hot, dry conditions. Some antique roses thrive on adversity, blooming when summer temperatures are high and rain is scarce: Reine Victoria, Bishop Darlington, Dortmund, Felicite Parmentier, Nastarana.

For repeat blooming. Many antique roses bloom over and over throughout the growing season: Cottage Rose, Frau Dagmar Hastrup, Graham Thomas, Heritage, Madame Isaac Pereire, Marchioness of Londonderry, Mary Rose, Othello, The Pilgrim, Reine des Violettes, Sweet Juliet, White Wings.

Buying information see page 114
To order antique roses, see page 34



For more information on how to grow roses, order the new book, Better Homes and Gardens® Successful Rose Gardening. *To order, call Better Homes and Gardens Reader Service at 800/881-4066. The price, $34.95, includes shipping, handling, and sales tax.*



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Antique Roses







This package of three roses was selected especially for the readers of *Better Homes and Gardens*® magazine from the varieties list on *page 30*. All are disease resistant and hardy for overwintering in northern climates. The roses are vibrant in color, and they flower repeatedly throughout the season. Three-packs include one of each variety shown *above*.

Please Note: Order early; our special three-pack is available in limited quantities, and we can accept orders on a first-come, first-served basis only. Orders will be shipped at the proper time for planting in your area (approximately March 15, 1994, to May 30,1994). Sorry, no shipments to Alaska, Hawaii, Puerto Rico, or Canada.

TO ORDER

To order a three-pack with your Mastercard, Visa, or American Express, call *Better Homes and Gardens* Reader Shopping Service at 800/881-4066. The price for the three-pack is $49.95, which includes shipping, handling, and sales tax, if applicable.



English Outing Hamper (15x9x5") crafted of monk-straw and buckle-strapped is filled to the brim with a breathtakingly romantic collection of Victorian Papers: Three boxes of stationery, 20 greeting cards (blank, birthday, friendship), boxed thank-you's and notecards, two rubber stamps & inkpad, 10 assorted gift enclosures, eight assorted postcards, magnet, boxed pencils, parchment labels and an eyewatering sticker assortment...over a hundred fascinating images! To introduce you to our elegant correspondence papers, we offer you this inspiring selection for only $49.95 ($122.00 value) postage paid. (Add $4 for Canada; Mo. residents add 6.475%). Our 48-page catalog with over 1,000 items, $2 (free with order). MasterCard, Visa, Discover, Check or M.O. Allow 2 to 4 weeks for delivery. Styles & sizes may slightly vary.

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The *Personalized Birthstone Babies* collection

*Very lovable, Very collectible, Very affordable, Each only $19.95**





Actual size of each doll is a very collectible 5½ inches long. Complete with simulated gemstone representing the month of the year that you choose, and individual display box.

Introducing the *Personalized Birthstone Babies* collection from The Ashton-Drake Galleries ... wee porcelain dolls wearing a simulated gemstone that corresponds to the month of the year that *you* select. Give a *Birthstone Baby* as a gift to a new parent or grandparent to commemorate the birthdate of a special child. Or, collect a baby to hold and display for every month of the year.

- **Your** *baby comes with a simulated gemstone*
- **You** *choose your baby's name*
- **You** *choose the month of birth*
- **You** *customize as a boy or girl*
- **You** *receive a personalized* **Certificate of Ownership**
- **You** *receive an individual display box with every doll you order.*

Your *Birthstone Baby* will have a precious expression of innocence carefully sculpted in bisque porcelain. Quality craftsmanship features a poseable head with softly shut eyes, hand-painted lids, and gently closed lips. Wee sculpted hands are slightly clenched, and tiny sculpted toes curl naturally. Your baby has a soft beanbag body and wears a sleeper that matches the gemstone color of your chosen birth month. Each doll comes with both a bonnet *and* a cap so you can customize as a boy *or* girl. Recommended by Ashton-Drake, each *Birthstone Baby* is backed by our full-year, money-back guarantee. Bring these precious babies home or into the lives of someone you love. But hurry, at only $19.95, these dolls are bound to provoke collector demand. Order today.

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PLEASE RESPOND BY:
February 28, 1994

YES, please enter my reservation for a *Birthstone Baby*. I understand that I need SEND NO MONEY NOW. I will be billed $19.95* before shipment of the doll. To order more than one doll, please use a separate sheet of paper.

My baby's name: (40 characters maximum)

My baby's birthdate: (Month/Date/Year)

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Name (please print clearly) Telephone

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*Plus home delivery fee: one doll $3.94, two or more $4.94, and any applicable state sales tax. Please allow 4 to 6 weeks for delivery.

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THE ASHTON-DRAKE GALLERIES®



by Margaret Daly, Lois Anne Naylor, and Maxine Cass

Romantic Getaways

Special places for the two of you

Instead of giving your sweetie hearts and flowers this Valentine's Day, splurge on a romantic getaway. Together, you can leave your hearts in San Francisco, or snuggle at an opulent country inn. Stroll among Jamaica's tropical flowers. Relax in The American Club's whirlpools built for two, or sail in the Caribbean. But don't limit romance to February. These retreats offer the perfect setting anytime you want to escape as a couple.

An elegant country inn. Fresh flowers everywhere. A sumptuous afternoon tea on your private balcony overlooking the Blue Ridge foothills. The perfect dinner and wine, topped off by brandy in the secluded courtyard garden.

Sound like the ideal setting for a five-star romance? The Inn at Little Washington is just that—the only dual Five Star Mobil Travel Guides winner, as both an inn and a restaurant. Although you are actually in the tiny hamlet of Washington, Virginia, just 65 miles from (Big) Washington, D.C., you feel like a guest at an English country manor. Every detail is attended to with the care of a lover's eye, from the dark polished wood of the lobby to the fine antiques, canopied beds, and lavish fabrics and baths in the 12 guest rooms.

The courtyard garden at The Inn.



The staff's low-key but impeccable hospitality perfects the country manor theme. You'll find perfection, too, in every detail of The Inn's internationally acclaimed cuisine, which combines fresh local produce with international panache. There are antiques shops in town, and you're just 15 minutes away from Shenandoah National Park.

For dining or lodging, call well in advance, especially for weekends; phone months ahead for autumn's foliage season. Doubles from $240–$350, with continental breakfast; $410–$490 for suites. Add $100 a night on weekends and in October. Prix fixe 5-course dinners, $78 per person; $93 on Saturdays (not included in room rate). Overnight guests get automatic dinner reservations.

Middle and Main Sts., P.O. Box 300, Dept. BHG, Washington, VA 22747; 703/675-3800.

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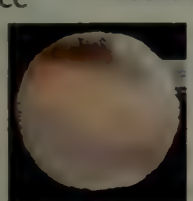


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Help is only a toll-free call away if you or your family should have a flat tire, get locked out or simply run out of gas. It's just one more way Ford is showing you how much we care.

When you consider the value of the Ford Escort, it's easy to see why Escort is America's best-selling small car and has more repeat buyers† than any other car in its class.

*Based on MSRP comparison of comparably equipped 1994 Escort LX, Toyota Corolla DX and Honda Civic DX.
**Driver supplemental restraint system. Always wear your safety belt.
***3 years/36,000 miles. See dealer for details.
†Based on 1992 New Vehicle Buyers Survey.

HAVE YOU DRIVEN A FORD LATELY?

Ford

Romantic Getaways

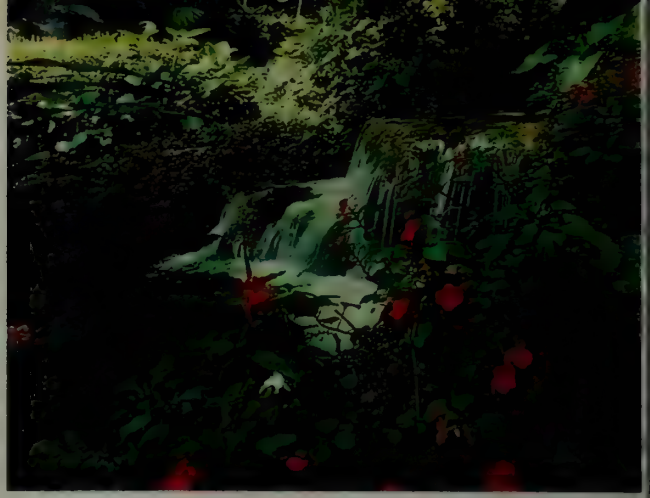
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Jamaica's Enchanted Garden.

The all-inclusive Enchanted Garden is about as close to the Garden of Eden as any garden on earth is likely to get. Walkways throughout the secluded Jamaican paradise encourage you to explore, hand in hand, this tropical retreat lush with palm trees and ferns and abloom with scarlet bougainvillea, heart-shaped anthuriums, delicate orchids, and birds-of-paradise. Stroll in one direction, and you'll find the Hibiscus Walk, which leads to the orchard and the Fern Garden. Head a different way, and you'll see Brains Falls, named by Mick Jagger, and the Bromeliad Garden.

Fourteen waterfalls cascade through the 20 acres. You can climb Ooh and Aah falls, or splash in pools created by other waterfalls. Oversize hammocks tucked away in verdant nooks invite you to unwind.

Hidden behind a wall that insulates it from Ocho Rios, The Enchanted Garden served as Edward Seaga's private hideaway when he was Jamaica's prime minister. The avid horticulturist created a botanical garden out of his haven and recently completed its transition into a resort. Peacocks strut their finery,



Fourteen waterfalls cascade through Jamaica's Enchanted Garden.

brilliantly colored koi glide through the lily pond, and exotic birds soar in an aviary. The free-form swimming pool shelters an orchid island.

Because it contains only 112 rooms and villas, you still have the sense of inhabiting your own Shangri-la. You can look out over your domain from your private patio. Forty suites feature plunge pools, far too small to swim laps but large enough to give you the sense of staying in the lap of luxury.

To help compensate for not being on a beach, The Enchanted Garden provides a variety of spa treatments. For couples staying at least five nights, you each get a massage, a facial, a manicure, and a pedicure. For a back-to-nature experience, have your massage outdoors in an emerald glade. Free spirits finish with an au naturel dip in a nearby waterfall pool.

The settings for The Enchanted Garden's five restaurants are better than the food. Most provide romantic niches where the two of you can dine in blissful solitude. Cuisines include Italian, Chinese, Thai, and Moroccan.

Outside the resort's gates, you'll find the touristy pleasures of Ocho Rios, including open-air markets filled with local crafts and eateries serving spicy jerk chicken and pork. At Dunn's River Falls, Jamaica's premier tourist attraction, join the throngs lining up to climb the stairstep falls. Or, wind your way through Fern Gully, a canopy of bamboo trees and ferns.

A hotel shuttle takes you to Mammee Bay Beach, The Enchanted Garden's swath of golden sand. You can snorkel in the clear aquamarine Caribbean waters, windsurf, take out a pedal boat, and tour by glass-bottom boat. Some couples prefer to bask in the sun on chaise lounges. The resort also arranges complimentary horseback riding and golf.

Warning: The Enchanted Garden is a resort for romantics willing to walk on steps set into steep hills. Weekly rates run $1,450 to $1,925 per person. Ask your travel agent about special promotions.

For more information: ***The Enchanted Garden, P.O. Box 248, Dept. BHG, Ocho Rios, St. Ann, Jamaica, W. I.; 800/323-5655.***



Wonderful waffles with fruit, whipped cream and maple syrup.

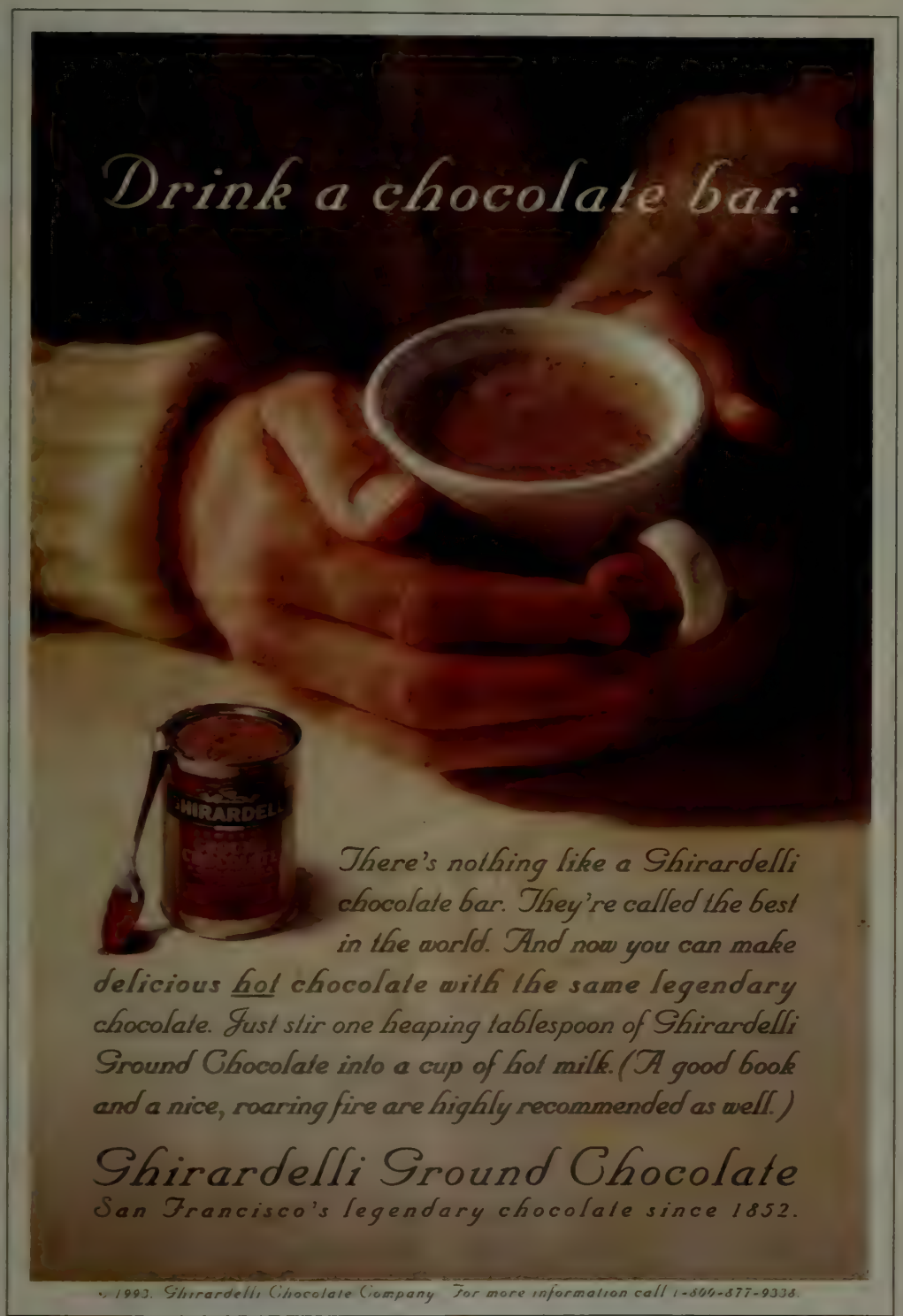
San Francisco's intimate B&Bs.

Stroll hand in hand across the Golden Gate Bridge, snuggle close on a cable car climbing San Francisco's steep hills, and picnic on warm sourdough French bread and Dungeness crab at Fisherman's Wharf. Later, romance blazes before a crackling fire in one of the city's Victorian bed-and-breakfast inns.

Smaller and more intimate than most hotels, San Francisco's inns are one-of-a-kind mansions in Pacific Heights, on Nob Hill, and in the Alamo Square Historic District. Whether a private house or a full-service inn, they offer a warm welcome and sight-seeing suggestions.

Lacy latticework, gingerbread icing, widow's walks, and turrets gild Alamo Square's restored town houses. Formal parlors, warmed by fireplaces, boast love seats and Oriental carpets. Brass and four-poster beds make guests cozy.

Marble and wooden fireplaces cheer upstairs bedrooms in the 13-room Alamo Square Inn, which merged two restored 1890s Victorians. Breakfasts are generous (from $85 to $175 a night; ***800/345-9888***). The Archbishops Mansion on the square, a 1904 landmark, has 10 rooms and five opera-theme suites (from $115 to $285; ***800/543-5820***).



At Alamo Square Historic District, a short ride from Union Square's theater and shopping area, cable cars begin the upward haul to Nob Hill. The Mark Hopkins Inter-Continental's Top of the Mark affords a sweeping view of San Francisco.

Down from Nob Hill is Chinatown, an exotic blend of temples, souvenir shops, produce stands, and restaurants with pungent smells of roasted barbecued duck and live fish. At Chinatown's edge, North Beach is an Italian neighborhood of eateries, poetry readings, and coffeehouses. For only-in-San Francisco silliness, Beach Blanket Babylon's musical review is hard to beat.

Fisherman's Wharf lies a few blocks north. Italian seafood restaurants feature cioppino, a traditional San Francisco spicy tomato fish stew of sea bass, sole, bay shrimp, and Dungeness crab.

The Blue and Gold Fleet ($14) and Red and White ($15) bay cruises sail near infamous Alcatraz and under the Bay Bridge and the Golden Gate Bridge.

San Francisco CVB, Dept. BHG, P.O. Box 429097, San Francisco, CA 94142-9097; 415/391-2000. Bed and Breakfast International, 800/872-4500. Bed and Breakfast San Francisco, 800/452-8249.

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Romantic Getaways

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Wisconsin's American Club.

Why settle for a bicycle built for two when you can sink into a couple-size whirlpool tub at The American Club in Kohler, Wisconsin? Unlike most hotels, which base their prices on the view, the Midwest's only AAA Five Diamond resort determines rates to a large extent according to the lavishness of the bathroom. Every room comes equipped with a whirlpool, the majority of which are generous enough to accommodate both of you.

The 236 spacious rooms offer a variety of possibilities for sybaritic soaking. Some rooms contain an oversize whirlpool in a plant-filled solarium. The Habitat, a space-age bathing enclosure, lets you regulate your environment—whether you want sun, mist, steam, or a cooling breeze. Many rooms also have glassed-in showers with multiple heads. Surrounded by such opulence, it's hard to imagine that The American Club once served as a dormitory for immigrants.

Dining is an experience to savor at The American Club. Nine restaurants give you a cornucopia of culinary options, from spa specialties to game and gourmet fare.

The resort features a pair of Pete Dye championship golf courses, a top-notch spa, and the 500-acre River Wildlife preserve for horseback riding, fishing, and hiking. The Kohler Design Center and the Shops at Woodlake Kohler offer decorating ideas and upscale shopping.

Doubles run $145–$495 through April, $185–$575 May–October 31. A Romantic Interlude package for two includes two nights in a category IV room, breakfast two days, dinner one night, River Wildlife passes, and champagne; $610 through April, $780 May–October 31.

The American Club, Highland Dr., Dept. BHG, Kohler, WI 53044; 800/344-2838.



A greenhouse imported from England provides a romantic setting for dessert at The American Club.

Sail away to romance.

Spend your days on deck stretched out in a chaise lounge while the ship island-hops from one palm-fringed Caribbean port of call to another. Devote your nights to Broadway-quality shows, Vegas-style spectaculars, dancing under the stars, or holding each other close while you watch moonbeams shimmy across the waves.



The *Sovereign of the Seas*, a twin ship of Royal Caribbean's *Monarch*, also plies the Caribbean.

With a five-story atrium as its focal point, the *Monarch of the Seas* creates a luxuriously romantic base for exploring the southern Caribbean. A Royal Caribbean Cruise Line mega ship, *Monarch* can cater to 2,700 passengers. Its massive size translates into pluses for you—a cavernous casino, a top-notch spa and fitness center, and numerous recreational opportunities. You can also find intimate retreats for the two of you.

After slipping away from San Juan Sunday evening, you have Monday to enjoy life aboard ship. Then you'll drop anchor each day at a different tropical isle. French Martinique boasts rain forests, while British Barbados features a jolly-good submarine ride. Hundreds of beaches surround Antigua. Your last two stops provide a shopper's bonanza—St. Thomas and St. Maarten, a half Dutch and half French island. All ports give you chances to snorkel, and most feature golf.

The *Monarch* offers a special for couples—learn to give each other massages. Mastering the skills to turn your boudoir into a spa provides a different vacation souvenir.

The Sun Deck serves as a gathering spot whenever the *Monarch* is afloat. Surrounding the twin pools and whirlpools, deck chairs put you in the heart of the action while Calypso music beats out the rhythms of the Caribbean.

Royal Caribbean's cabins tend to be small. You may want to splurge on a stateroom with a balcony. Fares, including air from gateway cities, range from $1,399 to $2,649; suites run higher. To learn about possible discounts, ask about Breakthrough Rates. For more information, contact a travel agent. Brochures: ***800/526-RCCL.*** ⌂



nce upon a time you needed Peter Pan to make dreams come true...

Now all you need is a magical place.

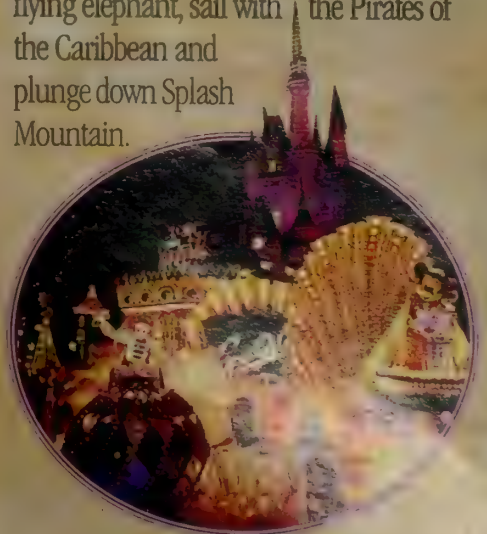


The Magic Kingdom

This is where every Disney fairy tale vacation starts.

The Magic Kingdom. Birthplace of Disney magic. The moment you enter is the moment you realize that Peter Pan was right. You *can* fly. There *is* pixie dust.

This is the happy place where dreams really do come true. Where nobody ever grows up. A day of happy endings. Your day to visit Neverland and Cinderella Castle. To ride Dumbo, the flying elephant, sail with the Pirates of the Caribbean and plunge down Splash Mountain.





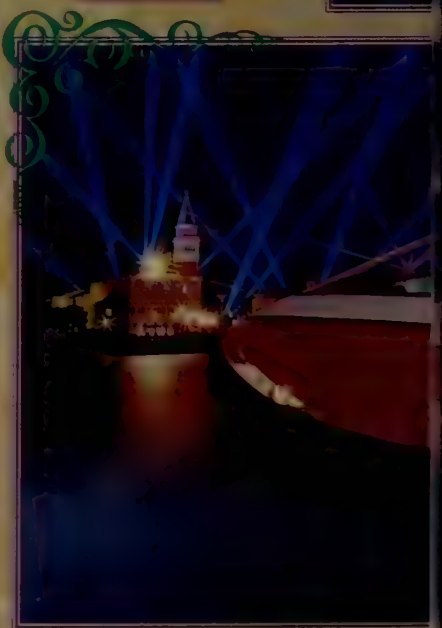


This is your day to meet Mickey Mo in person, take some photos with the cheese himself.

Matter of fact, he's actually expectin you backstage.

Epcot '94





Disney-MGM Studios





Enter the most popular movie and TV studios in the world. This is the only studio where you can see a star and be a star. Where Disney classics like *Aladdin, Beauty and The Beast* and *The Little Mermaid* come to life.

This is where the action is. Where Indiana Jones puts his life on the line for you, in person! Where you can fly through the Death Star, just like Luke Skywalker in *Star Wars*.

This is the place to watch Disney animators working on the next Disney classic.

This could be the most exciting day of your life!





A day at Disney's Epcot '94 proves there's nothing more exciting than discovery.

It's Disney's ever-changing World's Fair. The theme park that puts you over the cutting edge.

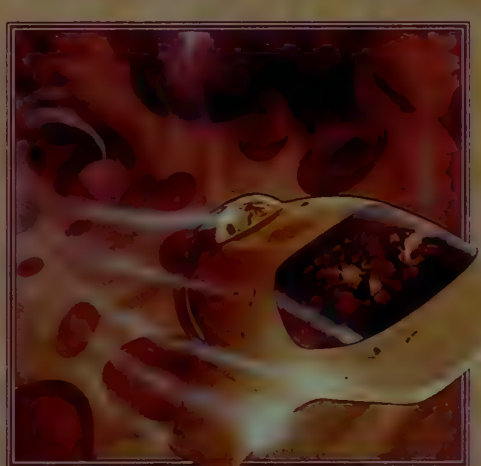
Epcot '94 showcases the latest technological innovations and invites you to try them. It takes you places you've never been before. Like the bottom of the ocean floor. Inside a human brain. Even into the future itself.

The other side of Epcot '94 is a trip around the world. A celebration that takes you to five continents and 11 nations. It's a festival of world-class entertainment and culture, authentic international cuisine and exotic shopping plazas and bazaars, all in one unbelievable, unforgettable place.

Don't miss Epcot '94. It's our most spectacular year yet.



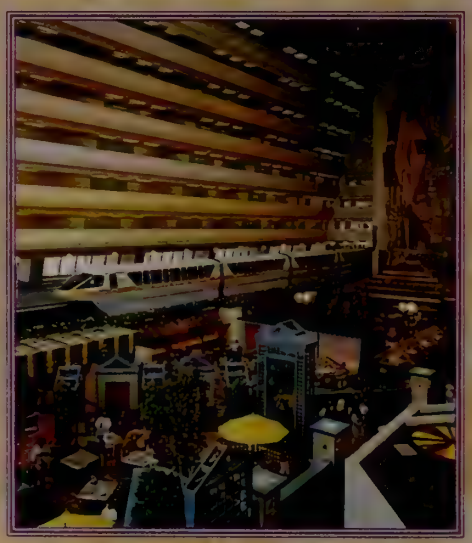


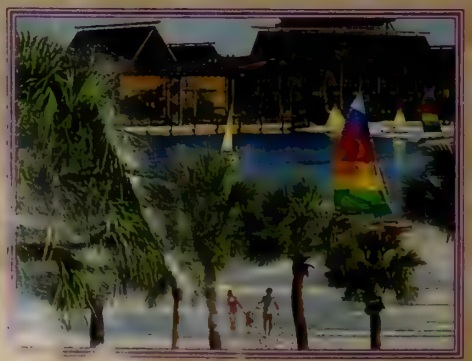


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The best way to maximize the magic is to stay in a Walt Disney World Resort hotel. Using Disney transportation to and from the parks. Enjoying the famous Disney service with a smile. Seeing Disney characters at breakfast. Having all the Disney magic right outside your room, day and night. At a Walt Disney World Resort hotel, the magic never ends.





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minder to save time for
heme parks.

Major Advantages of Disney Resort Hotels

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This is as close to the Disney parks as you can get. So close, our views include Cinderella Castle at the Magic Kingdom and Spaceship Earth at Epcot '94!

2. EARLY ENTRY INTO THE DISNEY PARKS.

Guests of certain Disney Resort hotels can enter the Magic Kingdom, Epcot '94 and Disney-MGM Studios one hour before the general public on selected days.

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4. DISNEY RESORT AMENITIES.

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7. ADVANCE R.S.V.P. FOR DISNEY DINING.

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8. DISNEY'S WORLD-FAMOUS SERVICE.

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For Disney Resort reservations, call your travel agent or:

(407) 939-7733.

Walt Disney World®
FLORIDA

Once upon a time is here.





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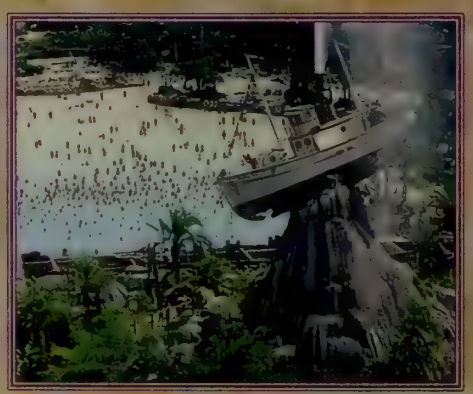
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And the Winners Are...

Congratulations to Linda Henderson of Cuero, Texas, who won first prize in the *Better Homes and Gardens®* Kitchen of the Year contest. Henderson's 75-word essay won her a selection of Frigidaire appliances valued at $3,500. The second-place winner, Janet L. Hobbs of Austin, Texas, won a new Frigidaire Ultra-Style refrigerator.

The contest raised money to help homeless families through The Better Homes™ Foundation. Nearly 10,000 readers entered by answering the question: "If you could invite three people from all of history to dinner to discuss ways to help homeless families, who would they be and why?"

Henderson's prizewinning choices were Elizabeth I of England, English novelist Charles Dickens, and the U.S. Secretary of Housing and Urban Development, Henry Cisneros. In her essay, Henderson wrote, "Elizabeth's shrewd maneuvers stimulated unparalleled development; Dickens' sociological novels improved the lives of England's poor; and Cisneros' drive transformed San Antonio into a sophisticated, high-growth region."

Hobbs, an architect and the second-place winner, chose architect Frank Lloyd Wright, Indian chief Samoset, and former president Franklin Delano Roosevelt. In addition to the two top winners, three third-place winners received Frigidaire microwave ovens, and 50 runner-up winners were awarded copies of the *Better Homes and Gardens® New Cook Book.*

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Linda Henderson is all smiles after receiving first prize in our Kitchen of the Year Contest: new appliances from Frigidaire for her recently remodeled kitchen.

ANNOUNCING

Better Homes and Gardens® Home Improvement Contest

GET BIG BENEFITS— AND BIG BUCKS— FROM YOUR NEXT HOME FIX-UP PROJECT. YOU MAY WIN A TOP AWARD, AND YOUR PROJECT MAY APPEAR IN OUR MAGAZINE!

PICK YOUR CATEGORY

You can win in any of nine categories. We'll give cash awards for Class A (large), Class B (medium), and Class C (small) projects in each category.

- Exterior Fix-Ups
- Outdoor Improvements
- Kitchen Shape-Ups
- Bathroom Remodelings
- Interior Remodelings
- Additions
- Whole-House Remodelings
- Daylighting
- Renovations

CASH AWARDS

Grand Prize: $10,000. Two Runners-Up: $4,000 each. Twelve awards in each of the nine categories:

Class A:	$1,000
Class B:	$500
Class C:	$250
Merit Awards:	$100

(Three merit winners in each class)

SPECIAL COSPONSOR AWARDS

One Class A, B, or C winner in any of the nine categories who uses products from 15 or more cosponsors will win a bonus of $2,000.*

WIN ADDITIONAL PRIZES

You might also win cash, products, or product purchase refunds from cosponsoring manufacturers whose products you've chosen to incorporate into your project (see list of cosponsors, far right).* Examples: a kitchen revamp that includes new appliances and cabinets or a family room addition that includes new windows and interior and exterior paint.

We'll judge your entry on how good it looks, how well it works, and how much value you got for the money you spent. Any home improvement project completed in 1994 is eligible, no matter how big or small it is or when it was started. It's also eligible whether you did all the work yourself or hired professional help. Entrants must be U.S. residents. Judges' decisions are final.

*These prizes are void in Arizona, Maryland, and Vermont.

HOW TO ENTER

1. RIGHT NOW: Complete and mail the preliminary entry blank, *below*, or a photocopy, by October 1, 1994. We'll send you complete details and entry materials, along with our official entry form.
2. WHEN YOUR PROJECT IS DONE: Send us the final entry form. (Get a head start now by saving floor plans, Before and After photos, and receipts that could make your project a winner.) All final entries must be postmarked by February 1, 1995.
3. THE WINNERS: Winners will be selected on or about May 31, 1995. We will notify all winners by mail and publish the top winner in each category in our November 1995 and January 1996 issues.

Following is a list of cosponsors providing *$500* for best use of product (Look for additional cosponsor special awards ranging in value from *$350* to *$10,500* when you receive complete entry materials.)

- American Standard
- Andersen Windows and Patio Doors
- Armstrong
- Aristokraft, Inc.
- Black & Decker Household Products and Power Tools
- Broyhill Furniture Industries, Inc.
- CooperTools Home Improvement Tools and Hardware
- The Forever Doors by EMCO
- Frigidaire
- Heat-N-Glo Fireplaces
- Hunter Ceiling Fans
- Hunter Douglas Window Fashions
- KitchenAid
- Kohler Co.
- Action Recliners by Lane
- Lane Cedar Chests
- Marvin Windows
- Merillat Industries, Inc.
- Peachtree Windows and Doors Inc.
- ServiceMaster
- Sherwin-Williams
- Sunbrella/Somfy Retractable Awning System
- VELUX Roof Windows and Skylights
- Waverly
- Whirlpool Corporation (Whirlpool Brand)
- Wm. Zinsser & Co. (Zinsser and Wolman Home Improvement Products)
- Wood-Mode, Inc.

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PRELIMINARY ENTRY BLANK
Must be postmarked no later than October 1, 1994

SEND $3.00 FOR POSTAGE AND HANDLING TO:

Better Homes and Gardens
Home Improvement Contest
P.O. Box 9214
Des Moines, IA 50306-9214

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

Be sure to check the box(es) that best describes the project(s) you plan to complete in 1994.

- ❑ 1. Exterior Fix-Ups
- ❑ 2. Outdoor Improvements
- ❑ 3. Kitchen Shape-Ups
- ❑ 4. Bathroom Remodelings
- ❑ 5. Interior Remodelings
- ❑ 6. Additions
- ❑ 7. Whole-House Remodelings
- ❑ 8. Daylighting
- ❑ 9. Renovations

PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH THIS PRELIMINARY ENTRY FORM. SEND ONLY ONE PRELIMINARY ENTRY BLANK PER FAMILY.

Allow six weeks for delivery of final entry packet. The $3.00 P&H charge is waived for residents of AZ, MD, and VT.

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BY

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"God Loveth a Cheerful Giver" is available exclusively from The Hamilton Collection for just $35. Each issue will be hand-numbered and accompanied by a matching Certificate of Authenticity. By acquiring this important first issue, you will enjoy the privilege of previewing subsequent works, with no obligation whatsoever. Our 30 Day 100% Satisfaction Guarantee assures you order at no risk. Submit your order today.

Respond by: February 28, 1994

Please enter my order for "God Loveth a Cheerful Giver" plate, payable in two monthly installments of $17.50* each. Limit: One plate per collector.

I need send no money now. On acceptance, I will be billed for the first installment when my plate is shipped.

Q4Z1 QD 1C

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*Plus $0.46 shipping and handling per plate payment. Orders shipping to Florida will be billed state sales tax. All orders must be signed and are subject to acceptance.

The Hamilton Collection

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Blended Families...



...one step at a time

Establishing a stepfamily is almost never easy, even if it is the fastest growing family type in America.

These families face two big challenges. The first is placing the marriage at center stage. The second is establishing the stepparent as an authority figure, equal in status to the biological parent. Unfortunately, certain precedents often are set before the marriage that mark it for certain failure.

Just Mom and the Kids. As a newly-minted single mother, your natural inclination may be to focus on your children rather than yourself. You no longer seek the company of other adults. A state of co-dependency quickly develops: You seek emotional gratification through your children, and they demand more and more of your attention.

Enter a suitor who quickly sees that in order to win your love, he must successfully court your children as well. Instead of commanding the children's respect, he positions himself as a friend, their good buddy. As a result, the children may like him, but fail to see him as an authority figure.

Once married to this man, you may have difficulty shifting your attention from your children to your new husband. You see yourself as a mother first, a wife second. The children, still the focus of your attention, see their stepfather as little more than a guest. His attempts to assert authority are either halfhearted or driven by frustration. You are likely to react protectively to his attempts, further weakening his authority as a father. It is for reasons like these that second marriages are more likely to fail than first marriages.

Step-by-Step Advice. In counseling the adults in stepfamilies, I've found that certain advice is always needed in order for the marriage to succeed:

• Don't let the prefix "step" fool you. The needs of your family are the same as the needs of any other family.

• *To the woman*, keep in mind that your primary role is wife, not mother. Despite the fact that your children have been with you longer than your present husband, he must now come first in your life, as you must in his. Letting your children come between the two of you, or positioning yourself between your husband and your children will not work. While your anxieties concerning your new husband's disciplinary style are understandable, keep in mind that the more you interfere, the more extreme his discipline is likely to become. If you have a problem with his discipline of the children, work it out in private. In front of the kids, it's important that you give him your unqualified support.

• *To the man*, when you are called upon to act as a parent, act as if these children have been with you all of their lives. While you may not ever be the children's "daddy," you must always be a father to them.

• *To the couple*, keep your marriage at the forefront of your new family. When you do, the children will begin to accept less attention from their mother. Keep in mind that in a healthy family, the children seek approval from the adults, not the other way around. You must accept the fact that the children will not always like their new life. Keeping the focus on your marriage will help everyone adjust quickly.

Remember that while there's certainly something to be said for being "one big happy bunch," a marriage needs time to itself on a regular basis. In other words, do things without the kids, and often.

Family psychologist John Rosemond's latest book is *Making the "Terrible" Twos Terrific!* (Andrews/McMeel).

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 by Paula Marshall

Not Right for College?

NEW HOPE FOR KIDS WHO WANT OTHER OPTIONS



If you're like most parents, you dream of sending your children to college. But are you sure that's the right course for your kids? Many college graduates, after spending thousands of dollars to earn a degree, find that they are overqualified for good jobs that don't require a diploma. And some students find themselves struggling through four years of academics, when many of them might excel in a community college or technical school.

Regrettably, our school system doesn't make alternatives easy for youngsters who don't want to go on to college. The focus of most high schools over the past few decades has been to prepare students for college. This approach could be jeopardizing your child's future, says Gene Bottoms, Ed.D., of the Southern Regional Education Board (SREB). Because expectations of the non-college-bound are minimal, he says, many kids are earning diplomas just for showing up for unchallenging classes. As a result, these "general education track" students graduate without the skills necessary to join the workforce or the coursework prerequisites to enter college.

A program that works. Fortunately, the tide may be turning. Take High Schools That Work, for example, a program that emphasizes both academic studies and vocational-technical education. Developed by Dr. Bottoms and the SREB, the program is operating in 19 states. Instead of being placed on a general education track, students in this program prepare for careers, college, or both.

In traditional vocational programs, students spend half the day in academic classes at their neighborhood school and half the day in vocational education at another school. At Sussex Technical High School in Georgetown, Delaware, part of the High Schools That Work program, students stay at one school all day. This means that time previously spent on a bus can now be spent in class. They also have gained valuable instruction time by doubling the length of class periods (from 45 to 90 minutes), holding each class on alternating days.

To help students relate what they're learning in their academic classes with their vocational-technical education teachers address real-life situations in math, science, social studies, and English classes. "Students tie concepts together and apply them to an activity. They get to see, understand, and use the material—that's when learning takes place," says Superintendent George L. Frunzi, Ed.D.

Frunzi is so sure of the program, it's backed with a guarantee. The transcript of each graduate at his school includes a warranty that states the student is competent. "We want employers to be confident in hiring our graduates," says Frunzi. If an employer hires a graduate who can't perform, it's back to the classroom until the competency level is obtained—at no charge to the student or the employer.

School After School. Many high school graduates find that they need another couple years of education

continued on page 60



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NO GREASY CREAMS

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YOU POSSIBLY NEED

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Non-College

continued from page 58

before they can begin drawing a healthy paycheck. Community colleges and technical schools offer excellent training for a variety of rewarding careers.

One variation of the vocational-technical theme is the tech-prep program, where students receive initial training during the last two years of high school, then complete their work at a community college. Other, more traditional, programs begin after a student graduates from high school.

You may find a program in your child's chosen field at a private technical school. The coursework in these schools is intensive; students can spend 35 hours a week in class. Nancy Broff, spokesperson for the Career College Association, says these schools are committed to turning out highly skilled, productive workers—the schools' reputations depend on it. That's why most of these schools emphasize good work habits as much as technical skills.



...old-fashioned on-the-job training is the number-one source of obtaining and improving job skills...

Learning by Doing. Good, old-fashioned on-the-job training is the number-one source of obtaining and improving job skills in the United States. That's true whether the work is done as a traditional apprenticeship or in an unstructured mentor relationship.

Apprenticeships are formal training programs that combine supervised work and classroom education. Training lasts from one to six years, depending on the occupation. You can get more information through local labor unions and your local public employment service, or job service. Also, contact the Bureau of Apprenticeship and Training (BAT) for your state. You'll find it listed in the U.S. Government section of the phone book under Department of Labor.

Most on-the-job training programs are less formal than apprenticeships, but may be equally effective. Joyce Lain Kennedy, syndicated careers columnist and senior author of *Career Book*, says there are two classifications of formal employer training programs.

Some employers send new entry level employees to seminars or short classes for training before putting them to work. Kennedy calls this qualifying training; you need it to do your job.

Many employers also provide opportunities for skills improvement training, and encourage employees to take advantage if they want to move up the ranks. Participation in such programs tells an employer—current and future—that you are committed to the job and the industry.

Marching to the Military Beat. Serving in the military can offer terrific educational opportunities. Many young people earn a large portion of their college tuition by enlisting in one of the branches or joining the ROTC.

Regardless of how attractive these benefits seem, don't forget that your child will spend several years in service to pay for these opportunities. The primary job of recruits is military service, a task not all young people are comfortable with.

Even if the military is an option, be sure your child can apply the skills learned to the civilian job market. While most jobs in the military mirror those in the private sector, Kennedy warns that one in four military jobs is specific to the armed services and doesn't have a corresponding position in civilian life. She advises taking the Armed Services Vocational Aptitude Battery (ASVAB). The scores on that test, along with educational history, can help determine qualification for various career areas. The test can be taken without enlisting in the military.

Occupations with a greater-than-average anticipated growth between 1992 and 2005. All jobs are for high school graduates with specialized training.

Occupation	Median starting salary
Restaurant manager	$23,000
Credit clerk	16,900
Transportation ticket agent	20,280
Corrections officer	18,400
Security guard	19,500
Medical assistant	14,000
Flight attendant	13,000
Auto mechanic	19,400
Computer repair technician	30,420
Electrician	27,248
Dental assistant	15,600
Receptionist	14,040

(from Occupational Outlook Handbook, May 1992 for 1992-93)

FOR MORE INFORMATION

- *How to Help Your Child Land the Right Job (without being a pain in the neck)* by Nella Barkley (1993, Workman, $9.95). In bookstores and libraries.
- *Joyce Lain Kennedy's Career Book*, coauthored by Dr. Darryl Laramore (1993, VGM Career Horizons, paperback $17.95/hardback $29.95). Call 800/323-4900 to order.
- Careers Without College, a series of 10 books developed by Peggy Schmidt (Peterson's Guides, $7.95 each book). Call 609/243-9111 to order.

(Pop-Tarts)



"Thanks Mom."

(Toaster Strudel)



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Try the surprising taste of Toaster Strudel™ instead of the usual Pop-Tart. And the light flaky pastry, juicier filling and creamy drizzle-on icing won't go unnoticed.
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by Patricia Hittner

Wintertime Skin Care



Nearly everyone suffers from dry skin when the temperature drops. The problem generally worsens as winter drags on, due to months of artificial heat and harsh weather.

Dry air is the main reason behind your skin troubles. Heating systems create an arid indoor environment, while the cold outdoor air holds little moisture. Although our bodies constantly lose water through breathing and sweating, this process accelerates in winter because water seeks the area of lowest humidity.

After losing too much moisture, the outermost layer of skin, called the stratum corneum, becomes brittle. It begins to flake away, leaving an itchy mess that can crack and bleed.

Usually, it's relatively easy to cure this unsightly condition by boosting your skin's moisture content. It's water, not oil, your skin so desperately needs. "All the skin products and fancy stuff are worthless without water," explains Richard Spielvogel, M.D., a dermatologist at Hahnemann University Hospital in Philadelphia.

But moisturizers are essential too, since they form a barrier against further water loss. All moisturizers, from no-frills Vaseline to expensive salon formulas, are designed for this same purpose.

You can also fight dryness by drinking plenty of liquids, since your skin reflects the amount of water in your body. But internal hydration alone isn't enough. Extremely dry air quickly saps water from your skin if it's not protected by a moisturizing shield.

The standard advice is to drink at least eight 8-ounce glasses of water or other fluids each day. But don't fret if you can't meet this ideal, as long as you maintain adequate hydration, says Dr. Spielvogel.

One way to tell if your liquid intake is sufficient is to pinch the skin on your forearm. It should snap into place almost immediately. Young, healthy individuals can rely upon their natural thirst instinct.

Other than escaping to the tropics, you can't totally avoid winter air. But you can slightly improve the climate in your home. Humidifiers replace some of the water that's siphoned off by heating systems. Even a pot of water on the radiator may help a little. Living plants also release tiny amounts of moisture.

Unless you take steps to prevent dry skin, the itching and flaking will probably plague you until spring. Here's how to solve a range of winter skin problems, from the most minor to the more troublesome.

MILD DRYNESS

If all you notice is a little flaking on your extremities, consider yourself lucky. Almost any moisturizer should keep your skin supple. There's no need to spend a lot of money, since the inexpensive brands do basically the same job as their high-priced counterparts, says Dr. Spielvogel.

To prevent further flaking, avoid long, hot baths that dry the skin. If you normally use antibacterial soap, switch to a more gentle brand such as Dove or try a non-soap substitute such as Cetaphil.

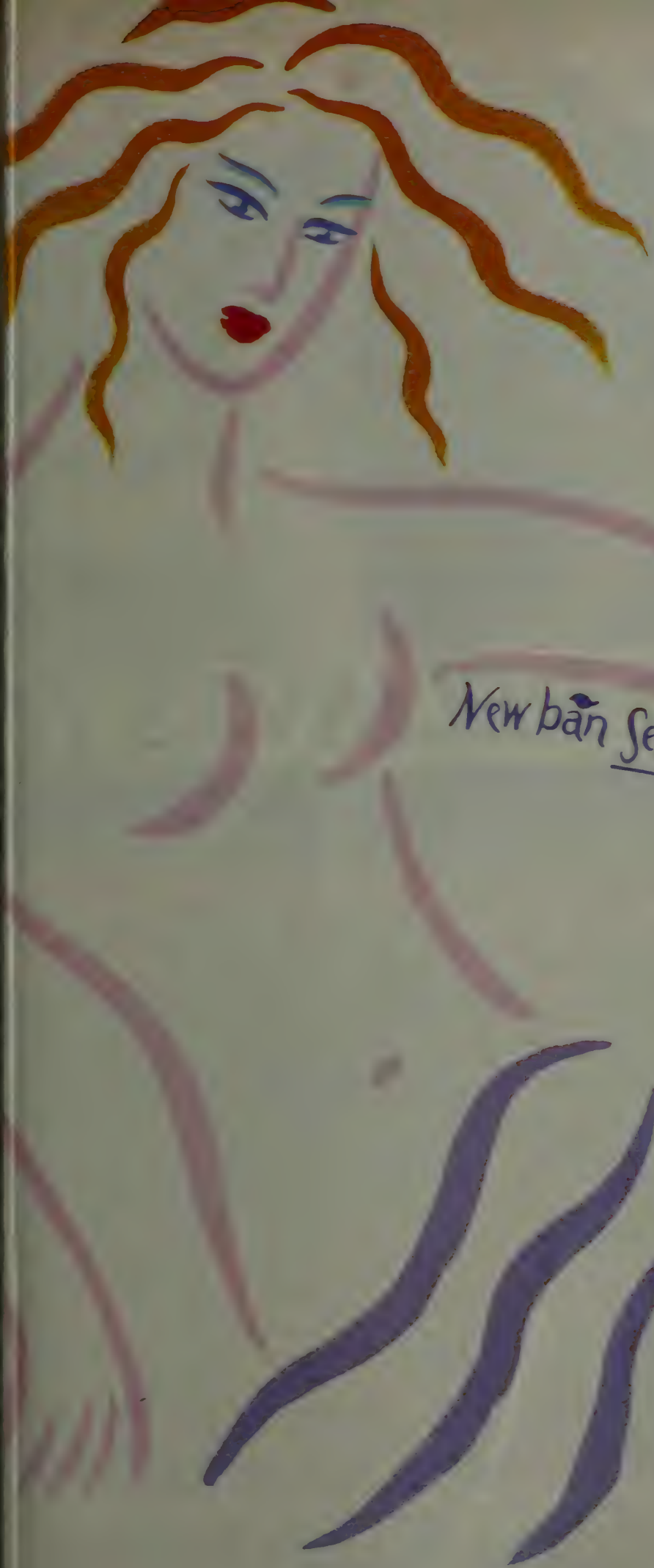
It's a good idea to wear gloves when washing dishes. Your skin loses moisture each time it's soaked and then exposed to air. Also, detergents remove fatty acids that bind skin together, causing cells to break down and flake away.

MODERATE DRYNESS

If your skin is still dry after using a moisturizer, you need to get more aggressive. Try an ointment instead of a lotion or a cream-based formula. In general, the greasier the product, the better it works.

A very effective method of hydration is to soak for five to ten minutes in a warm (not hot) tub. When you

continued on page 64



Who says staying dry and odor-free has to be an irritating experience?

New bān Sensitive Touch® Anti-Perspirant

Now get long-lasting odor and wetness protection in a new hypo-allergenic formula. Dermatologist tested for mildness with a skin softening ingredient too. New bān Sensitive Touch feels gentle and soothing even on just-shaved skin.





Wintertime Skin Care

continued from page 62

oil into your damp skin. It's better not to put oil in the tub. This defeats the purpose by creating a barrier to the water. Oil also makes the tub slippery.

You may have to tailor your approach for different body parts. Your face, chest, and upper back may not dry out, while your legs and arms may need extra moisturizing.

"There are all kinds of combinations, since skin is not a uniform surface," explains Rachelle Scott, M.D., a dermatologist at New York Hospital-Cornell University Medical Center. Use common sense, she says. "As people begin to understand the reasons for their dry skin symptoms, they can learn to avoid or change those factors. All people have to do is listen to their skin."

IF YOU CARE ABOUT YOUR SKIN, YOU'LL USE SUNSCREEN ALL YEAR ROUND, EVEN IN WINTER.

SEVERE DRYNESS

Certain people are genetically programmed to have dry skin, a condition that usually worsens with age. Cold air drains what little moisture your skin holds, causing scaling, flaking, and cracking, leaving you prone to infection.

People with extremely dry skin should definitely avoid detergents, harsh chemicals, and any other process that facilitates water loss. You might try a moisturizer with humectant properties (meaning it draws water into the skin). Ideally, these are applied immediately after showering while the skin is damp.

For this purpose, many doctors recommend Lac-Hydrin, available by prescription. It's sold over-the-counter in a lower concentration called Lac-Hydrin Five. With both products, the active ingredient is lactic acid, which works by chemically binding with water and removing dry, scaly skin.

The stronger concentration is one of the most effective weapons against dry skin, but it can cause mild burning, says Dr. Spielvogel. He warns against spreading large amounts on very young children. Although lactic acid is found naturally in the body, it is not yet clear if it's absorbed in toxic amounts.

Vaseline is one of the best moisturizers available. One study found it actually penetrates the outer layer of skin

d facilitates the repair process. If
u don't like its greasy feeling, rub a
in coat into damp skin and remove
e remainder with a tissue.

Nancy Lyon Havlik, M.D., a dermatologist at Arnett Clinic in Lafayette, Indiana, says Vaseline can either be used alone or after applying lactic acid or glycolic acid, which has similar properties to lactic acid. The advantage of this two-pronged approach is that skin is hydrated and then covered with strong protection against water loss. However, she cautions that these acids can sting cracked skin.



Redness, burning, and itching are signs of inflammation. This can be tamed with over-the-counter skin preparations containing cortisone. Discontinue treatment as soon as inflammation goes away. Cortisone prevents water from reaching the skin, causing more dryness, says Dr. Spielvogel.

See a doctor for excessive flaking or if you develop a thick yellowish crust or scab, a hallmark of infection. Medical attention is also needed if you don't respond to the self-help measures described in this article.

SUNSCREEN IN WINTER

Much of the aging of skin is caused by accumulated sun damage. That's why many dermatologists recommend wearing sunscreen year round. "If you care about preventing sun damage, or if you have skin cancer in your family, then using a sunscreen in the winter is a good idea," says Dr. Havlik.

Damaging rays filter through clouds and beam down through the windshield of your car. You can even get a bad burn in the shade if you are outside long enough.

Don't be fooled by cold winter temperatures. Some of the worst cases of sunburn occur among skiers. Both snow and the thin air at high altitudes intensify the effect of sunlight.

Dr. Havlik recommends always using sunscreen with a high (at least 15) SPF factor. It is important to apply a thick coating, something many people don't do. Also, choose a product that blocks both UVB and UVA rays. ⌂

PSORIASIS:

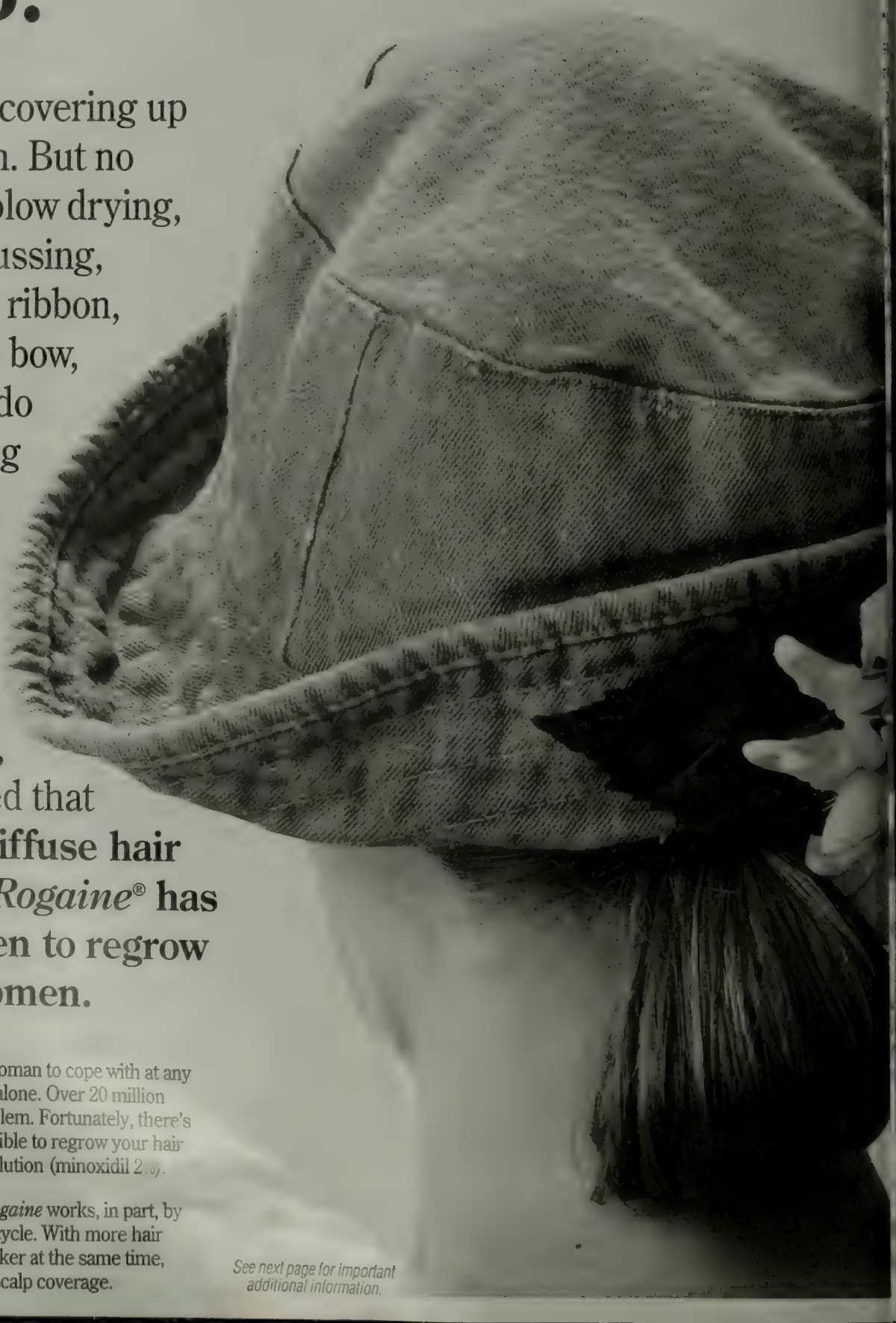
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Cortaid® stops the itch and helps heal the flaky, scaly rash of psoriasis, too. So for your problem psoriasis, ask your doctor about Cortaid.

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Lois never thought she'd have thinning hair at 25.



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Hair loss is hard for a woman to cope with at any age. At least you're not alone. Over 20 million women share your problem. Fortunately, there's hope. Because it is possible to regrow your hair with *Rogaine* Topical Solution (minoxidil 2%).

Hair grows in cycles. *Rogaine* works, in part, by prolonging the growth cycle. With more hair growing longer and thicker at the same time, you may see improved scalp coverage.

See next page for important additional information.

natologists conducted 8-month clinical tests.
een percent of women using *Rogaine* reported
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xidil, the active ingredient in *Rogaine*).

ctors reported nearly two thirds of women had some hair regrowth.

ysician evaluation, almost two of every three
en using *Rogaine* had some hair regrowth:
ad moderate regrowth and 50% had minimal
owth. The rest (37%) had no regrowth.
y-nine percent of the women in the placebo
p were also evaluated to have regrown hair.

ever, when actual numbers of newly regrown s in the 1-cm² area of the test were counted after nths of treatment, the group on Rogaine *aver- more than twice as much regrowth (23 more s) as the placebo group (11 more hairs).*

idual results may vary.

ith other prescription drugs, studies have been conducted in pregnant women treated *Rogaine*; therefore, *Rogaine* should not dministered to pregnant or nursing women.
ctiveness in postmenopausal women has not n studied.

Side effects were minimal: 7% of those who used *Rogaine* had itching of the scalp.

Rogaine should only be applied to a normal, healthy scalp (not sunburned or irritated).



Make it part of your normal routine.

Studies indicate that *at least 4 months of twice-daily treatment* with *Rogaine* are usually necessary before there is evidence of regrowth. *Rogaine* is a treatment, not a cure. So further progress is only possible by using it continuously. Some anecdotal reports indicate that if you stop using it, you will probably shed the newly regrown hair within a few months. Try making *Rogaine* part of your daily regimen, just like brushing your teeth.

Get your free Information Kit, plus a $10 incentive to see a doctor.

Why wait? Find out whether *Rogaine* is for you. ll **1-800-260-5286** today for a free Informa- n Kit about the product and how to use it. **And cause *Rogaine* requires a prescription,** 'll include a list of nearby *dermatologists or other ctors experienced in treating hair loss,* and a $10 centive to visit a doctor soon.

What is ROGAINE?
ROGAINE Topical Solution is a prescription medicine for use on the scalp that is used to treat a type of hair loss in men and women known as androgenetic alopecia: hair loss of the scalp vertex (top or crown of the head) in men and diffuse hair loss or thinning of the front and top of the scalp in women. ROGAINE is a topical form of minoxidil, for use on the scalp.

How effective is ROGAINE?
In men: Clinical studies with ROGAINE of over 2,300 men with male pattern baldness involving the top (vertex) of the head were conducted by physicians in 27 US medical centers. Based on patient evaluations of regrowth at the end of 4 months, 26% of the patients using ROGAINE had moderate to dense hair regrowth compared with 11% who used a placebo treatment (no active ingredient). No regrowth was reported by 41% of those using ROGAINE and 58% of those using a placebo. By the end of 1 year, 48% of those who continued to use ROGAINE rated their hair growth as moderate or better.

In women: Clinical studies with ROGAINE were conducted by physicians in 11 US and 10 European medical centers involving over 600 women with hair loss. Based on patient evaluations of regrowth after 32 weeks (8 months), 23% of the women using ROGAINE had at least moderate regrowth compared with 9% of those using a placebo. No regrowth was reported by 43% of the group using ROGAINE and 60% of the group using placebo.

How soon can I expect results from using ROGAINE?
Studies show that the response time to ROGAINE may differ greatly from one person to another. Some people using ROGAINE may see results faster than others; others may respond with a slower rate of hair regrowth. You should not expect visible regrowth in less than 4 months.

How long do I need to use ROGAINE?
ROGAINE is a hair-loss treatment, not a cure. If you have new hair growth, you will need to continue using ROGAINE to keep or increase hair regrowth. If you do not begin to show new hair growth with ROGAINE after a reasonable period of time (at least 4 months), your doctor may advise you to discontinue using ROGAINE.

What happens if I stop using ROGAINE? Will I keep the new hair?
Probably not. People have reported that new hair growth was shed after they stopped using ROGAINE.

How much ROGAINE should I use?
You should apply a 1-mL dose of ROGAINE twice a day to your clean dry scalp, once in the morning and once at night before bedtime. Wash your hands after use if your fingers are used to apply ROGAINE. ROGAINE must remain on the scalp for at least 4 hours to ensure penetration into the scalp. Do not wash your hair for at least 4 hours after applying it. If you wash your hair before applying ROGAINE, be sure your scalp and hair are dry when you apply it. *Please refer to the Instructions for Use* in the package.

What if I miss a dose or forget to use ROGAINE?
Do not try to make up for missed applications of ROGAINE. You should restart your twice-daily doses and return to your usual schedule.

What are the most common side effects reported in clinical studies with ROGAINE?
Itching and other skin irritations of the treated scalp area were the most common side effects directly linked to ROGAINE in clinical studies. About 7 of every 100 people who used ROGAINE (7%) had these complaints.

Other side effects, including light-headedness, dizziness, and headaches, were reported both by people using ROGAINE and by those using the placebo solution with no minoxidil. You should ask your doctor to discuss side effects of ROGAINE with you.

People who are extra sensitive or allergic to minoxidil, propylene glycol, or ethanol should not use ROGAINE.

ROGAINE Topical Solution contains alcohol, which could cause burning or irritation of the eyes or sensitive skin areas. If ROGAINE accidentally gets into these areas, rinse the area with large amounts of cool tap water. Contact your doctor if the irritation does not go away.

What are some of the side effects people have reported?
ROGAINE was used by 3,857 patients (347 females) in placebo-controlled clinical trials. Except for dermatologic events (involving the skin), no individual reaction or reactions grouped by body systems appeared to be more common in the minoxidil-treated patients than in placebo-treated patients.

Dermatologic: irritant or allergic contact dermatitis—7.36%; **Respiratory:** bronchitis, upper respiratory infection, sinusitis—7.16%; **Gastrointestinal:** diarrhea, nausea, vomiting—4.33%; **Neurologic:** headache, dizziness, faintness, light-headedness—3.42%; **Musculoskeletal:** fractures, back pain, tendinitis, aches and pains—2.59%; **Cardiovascular:** edema, chest pain, blood pressure increases/decreases, palpitations, pulse rate increases/decreases—1.53%; **Allergic:** nonspecific allergic reactions, hives, allergic rhinitis, facial swelling, and sensitivity—1.27%; **Metabolic-Nutritional:** edema, weight gain—1.24%; **Special Senses:** conjunctivitis, ear infections, vertigo—1.17%; **Genital Tract:** prostatitis, epididymitis, vaginitis, vulvitis, vaginal discharge/itching—0.91%; **Urinary Tract:** urinary tract infections, renal calculi, urethritis—0.93%; **Endocrine:** menstrual changes, breast symptoms—0.47%; **Psychiatric:** anxiety, depression, fatigue—0.36%; **Hematologic:** lymphadenopathy, thrombocytopenia, anemia—0.31%.

ROGAINE use has been monitored for up to 5 years, and there has been no change in incidence or severity of reported adverse reactions. Additional adverse events have been reported since marketing ROGAINE and include eczema, hypertrichosis (excessive hair growth); local erythema (redness); pruritus (itching), dry skin/scalp flaking, sexual dysfunction; visual disturbances, including decreased visual acuity (clarity); increase in hair loss; and alopecia (hair loss).

What are the possible side effects that could affect the heart and circulation when using ROGAINE?
Serious side effects have not been linked to ROGAINE in clinical studies. However, it is possible that they could occur if more than the recommended dose of ROGAINE were applied, because the active ingredient in ROGAINE is the same as that in minoxidil tablets. These effects appear to be dose related; that is, more effects are seen with higher doses.

Because very small amounts of minoxidil reach the blood when the recommended dose of ROGAINE is applied to the scalp, you should know about certain effects that may occur when the tablet form of minoxidil is used to treat high blood pressure. Minoxidil tablets lower blood pressure by relaxing the arteries, an effect called vasodilation. Vasodilation leads to fluid retention and faster heart rate. The following effects have occurred in some patients taking minoxidil tablets for high blood pressure.

Increased heart rate: some patients have reported that their resting heart rate increased by more than 20 beats per minute.
Salt and water retention: weight gain of more than 5 pounds in a short period of time or swelling of the face, hands, ankles, or stomach area.
Problems breathing, especially when lying down; a result of a buildup of body fluids or fluid around the heart.
Worsening or new attack of angina pectoris: brief, sudden chest pain.

When you apply ROGAINE to normal skin, very little minoxidil is absorbed. You probably will not have the possible effects caused by minoxidil tablets when you use ROGAINE. If, however, you experience any of the possible side effects listed above, stop using ROGAINE and consult your doctor. Any such effects would be most likely if ROGAINE was used on damaged or inflamed skin or in greater than recommended amounts.

In animal studies, minoxidil, in much larger amounts than would be absorbed from topical use (on skin) in people, has caused important heart-structure damage. This kind of damage has not been seen in humans given minoxidil tablets for high blood pressure at effective doses.

What factors may increase the risk of serious side effects with ROGAINE?
People with a known or suspected heart condition or a tendency for heart failure would be at particular risk if increased heart rate or fluid retention were to occur. People with these kinds of heart problems should discuss the possible risks of treatment with their doctor if they choose to use ROGAINE.

ROGAINE should be used only on the balding scalp. Using ROGAINE on other parts of the body may increase minoxidil absorption, which may increase the chances of having side effects. You should not use ROGAINE if your scalp is irritated or sunburned, and you should not use it if you are using other skin treatments on your scalp.

Can people with high blood pressure use ROGAINE?
Most people with high blood pressure, including those taking high blood pressure medicine, can use ROGAINE but should be monitored closely by their doctor. Patients taking a blood pressure medicine called guanethidine should not use ROGAINE.

Should any precautions be followed?
People who use ROGAINE should see their doctor 1 month after starting ROGAINE and at least every 6 months thereafter. Stop using ROGAINE if any of the following occur: salt and water retention, problems breathing, faster heart rate, or chest pains.

Do not use ROGAINE if you are using other drugs applied to the scalp such as corticosteroids, retinoids, petrolatum, or agents that might increase absorption through the skin. ROGAINE is for use on the scalp only. Each 1 mL of solution contains 20 mg minoxidil, and accidental ingestion could cause unwanted effects.

Are there special precautions for women?
Pregnant women and nursing mothers should not use ROGAINE. Also, its effects on women during labor and delivery are not known. Efficacy in postmenopausal women has not been studied. Studies show the use of ROGAINE will not affect menstrual cycle length, amount of flow, or duration of the menstrual period. Discontinue using ROGAINE and consult your doctor as soon as possible if your menstrual period does not occur at the expected time.

Can ROGAINE be used by children?
No, the safety and effectiveness of ROGAINE has not been tested in people under age 18.

Caution: Federal law prohibits dispensing without a prescription. You must see a doctor to receive a prescription.

Upjohn | DERMATOLOGY DIVISION

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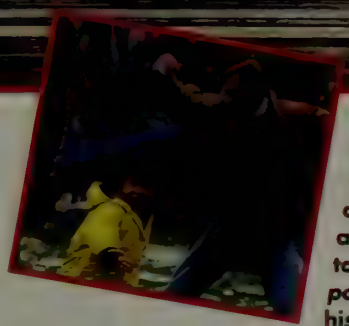
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by Gary Legwold

Following In Your Footsteps

PARENTS AND KIDS GET FIT TOGETHER





Health and fitness writer Gary Legwold and his family are getting fit together. See *page 73* for his advice.

When many adults in America joined the fitness craze of the '80s, they left their kids home on the couch. As a result, children aren't getting fitter, they're getting fatter.

Most of us don't need to be told the benefits of exercise, but it bears repeating. When you're fit, you feel better. Plus, you're more resistant to injury and stress, and less likely to develop illness later in life, including cancer and heart disease. Experts recently have found that you don't have to be a marathon runner to benefit from exercise—just taking a walk a few times a week is helpful. And, the earlier you start keeping fit, the more likely you are to continue the pattern through life.

THE IRONKIDS PROGRAM

If you or your kids lead a couch-potato life, it's time to get moving—together. A new program, called IronKids Parent/Child Fitness, was developed to encourage parents and children to work as a team to get fit and establish a healthier lifestyle. Kenneth H. Cooper, M.D., founder and president of The Cooper Aerobics Center in Dallas, helped develop the program. Cooper says families today work too much, eat too many fast foods, watch too much TV, and get too little exercise—all dangerously unhealthy habits. The IronKids program helps families redefine what's important. And studies show that parents are vital role models when it comes to exercise—in families where both parents are physically active, children are nearly six times more likely to be involved in an exercise program later in life than kids whose parents do not keep fit.

Here's how the IronKids Parent/Child Fitness Program works. Each family member earns points in each of three categories: exercise, nutrition, and healthy habits. The maximum is 45 points per person per day. Five extra points per person are earned when parents and children participate together. You record your points on a chart included in a 20-page illustrated booklet, provided free by IronKids Bread (the chart is reproduced on *page 70*).

For example, in the exercise category you can earn one point each for warming up and cooling down. Throwing Frisbees or gardening for an hour earns two points, playing softball or football for 30 minutes earns three points, and a 60-minute aerobics class is awarded 12 points.

In the nutrition category, give yourself two points each for going the day without high-fat foods or ordering a salad; one point each for a day without soft drinks, caffeinated drinks, and sweets.

The healthy habits category offers points for brushing teeth twice a day, flossing once, and sleeping eight hours. If you are a nail-biter, rack up points for going the day without gnawing. Points also are earned for watching an hour or less of TV each day, wearing a helmet when bike riding, wearing a seat belt, abstaining from drugs, and doing 30 minutes of meditation.

The beauty of the IronKids program is its flexibility. There are so many ways for your family to succeed, it is difficult to fail.

For tips on how to get your family started in IronKids or any other program, see *page 73*.

continued on page 72

EXERCISE

		Wellness Points
5 minute warm up		1
5 minute cool down		1

Recreational Sports Activities

A. Horseback riding, gardening shoveling, raking, mowing, bowling, frisbee, doubles tennis, golf	30 minutes	1
	60 minutes	2
B. Singles tennis, ice skating, roller skating, volleyball, rollerblading, badminton, kicking soccer ball	30 minutes	2
	60 minutes	4
C. Softball, waterskiing, downhill skiing, football, fencing, power volleyball	30 minutes	3
	60 minutes	6
D. Hardball, racquetball, squash, basketball, soccer, hockey	30 minutes	4
	60 minutes	9

Fitness Class

Aerobic dancing (high or low impact), step aerobics, calisthenics class, exercise videos	30 minutes	6
	45 minutes	9
	60 minutes	12

Exercise Equipment (Aerobic)

Stationary cycling, rowing machine, Stairmaster, NordicTrack, trampoline (rebounder), circuit training	10 minutes	4
	20 minutes	8
	30 minutes	12

Exercise Equipment (Strength Training)

Free weights or using exercise equipment	10 minutes	1
	15 minutes	2
	20 minutes	3

Aerobic Activities

Walking	4 MPH (15 min./mile) or faster	
	15 minutes	2
	30 minutes	4
	60 minutes	8
Jogging or running in place, rope skipping	6 MPH (10 min./mile) or faster	
	10 minutes	4
	20 minutes	8
	30 minutes	12
Running	7.5 MPH (8 min./mile) or faster	
	10 minutes	7
	20 minutes	14
	30 minutes	21
Cycling outdoors (helmet required)	12-15 MPH or faster	
	15 minutes	5
	30 minutes	10
	45 minutes	15
	60 minutes	20
Swimming	50 yds 2 laps)/1:15 or faster	
	10 minutes	4
	20 minutes	8
	30 minutes	12

NUTRITION

	Wellness Points
• Eat breakfast	1 per day
• Eat breakfast, lunch *and* dinner	2 per day
• Eat nutritious snacks	
up to 6 cups of air-popped popcorn	1 per day
1 cup low-fat yogurt	1 per day
small box raisins or other dried fruits	1 per day
1 piece of fruit	1 per day
1 cup raw vegetables	1 per day
2 pieces or more of IronKids Bread	1 per day
up to 4 graham crackers	1 per day
• Drink 6 oz. or more unsweetened fruit juice	1 per day
• 1 day without soft drinks	1 per day
• 1 day without caffeine drinks (coffee, tea, cola)	1 per day
• 1 day without sweets	1 per day
• Eat 3 or more foods from each food group:	
bread, cereal, grains, starches	1 per day
fruit	1 per day
vegetable	1 per day
• 1 day without high-fat foods	2 per day
• When eating at a fast-food restaurant, choose low-fat foods such as salads, low-fat burger, grilled chicken or fish	2 per day
• Try a new nutritious food	1 per day
• Read a food label	1 per day
• Drink 4 or more 8 oz. glasses of water	2 per day
• Drink 8 oz. or more of low-fat or skim milk	2 per day
• Eat 2 servings of beef, pork, lamb, poultry or fish per day	1 per day

PARENT/CHILD TEAM POINTS

• If Parent and Child participate together	5 per day *(per person)*

HEALTHY HABITS

	Wellness Points
• Brushing teeth at least twice daily	2/day
• Flossing teeth at least once daily	2/day
• Get at least 8 hrs. of sleep a day	2/day
• Wash hands before each meal	1/day
• Bathe or shower at least once daily	1/day
• If a nail-biter, go a day without biting fingernails	1/day
• Watch 1 hr. or less television/day	2/day
• Participate in physical education class	3/day
• Walk or ride a bicycle to and from school, work or store	3/day
• Wear a helmet when riding a bicycle	2/day
• Seat belt usage (personal)	2/day
• All passengers	2/day
• Meditation/relaxation (tape or classroom) 30 minutes.	2/day
• Blood pressure check (max 1 time/mo.)	10/wk.
• Cholesterol screening (max 1 time/mo.)	10/wk.
• If overweight, lose weight	2/pound
• If overweight, participate in a weight loss program	5/wk.
• Weight check	4/wk.
• Always ask for nonsmoking areas	1/day
• 1 day without tobacco (any form)	3/day
• Attend smoking cessation class (max 3 times/yr., points are earned in week class attended)	5/wk.
• 1 day without using drugs (except as prescribed by doctors)	3/day
• Children should abstain completely from alcohol. Adults who drink should do so in moderation. Meeting these requirements	2/day

Source: IronKids Parent/Child Fitness Program

GOALS

INDIVIDUAL GOALS

You should total your daily Wellness Points on a weekly basis to track your progress. Suggested weekly goals are:

175-224 Wellness Points	Average
225-274 Wellness Points	Good
275 + Wellness Points	Outstanding

PARENT/CHILD TEAM GOALS

Once individual scores have been tallied, combine parent and child total Wellness Points on a weekly basis. Suggested weekly goals are between 450 and 600 or more Wellness Points per two-person team. These goals are more easily reached as a team because both parent and child can each receive up to 35 Parent/Child Team Points per week for participating together.

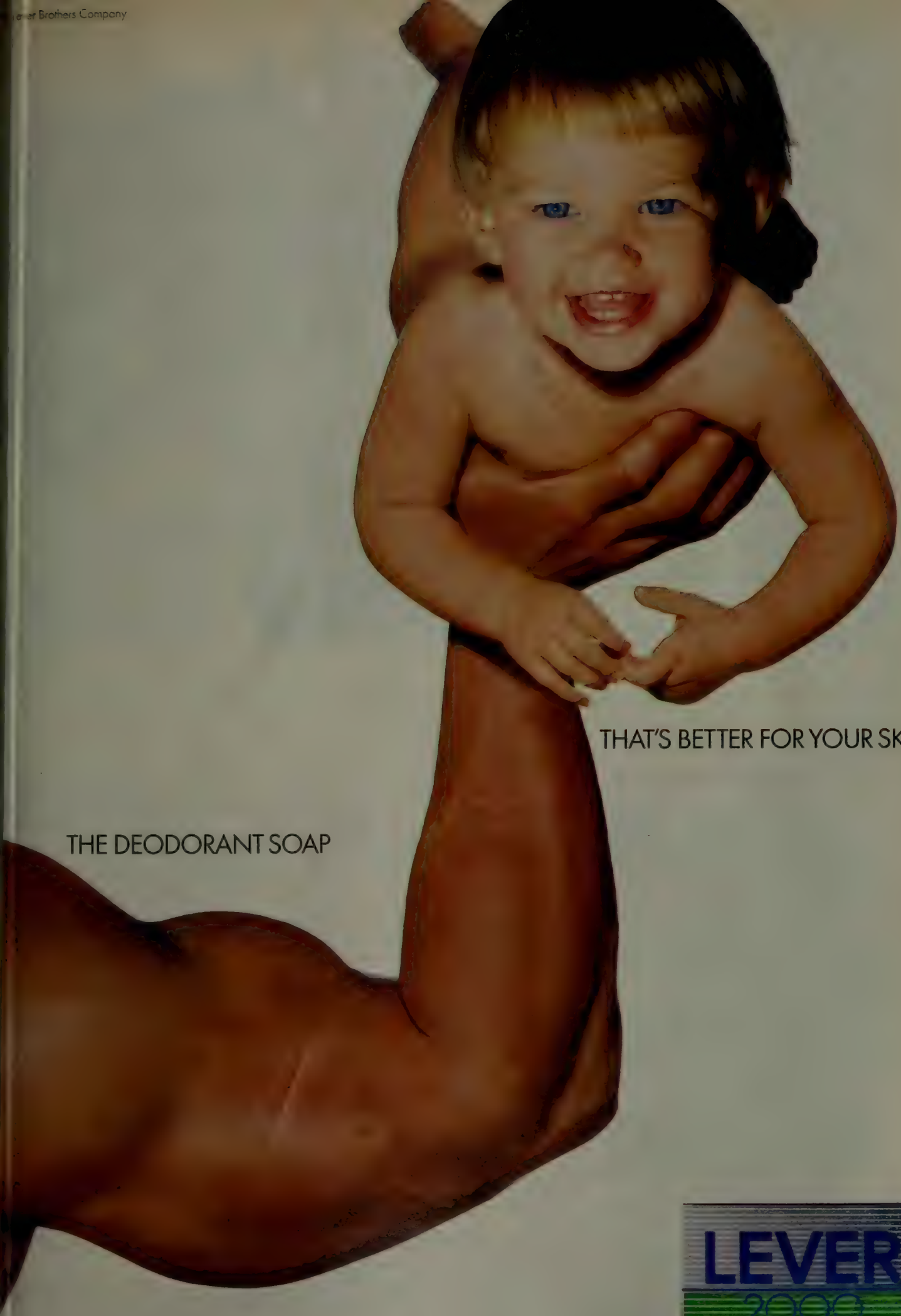
350-449 Wellness Points	Average
450-549 Wellness Points	Good
550 + Wellness Points	Outstanding

To track your family's points, photocopy the chart below or devise your own system.

WEEK 1	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTALS
EXERCISE*								
NUTRITION*								
HEALTHY HABITS*								
PARENT/CHILD TEAM POINTS								
DAILY POINTS								

**Maximum daily point total for each team member is 45, not including Parent/Child Team Points.*

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Fitness Program

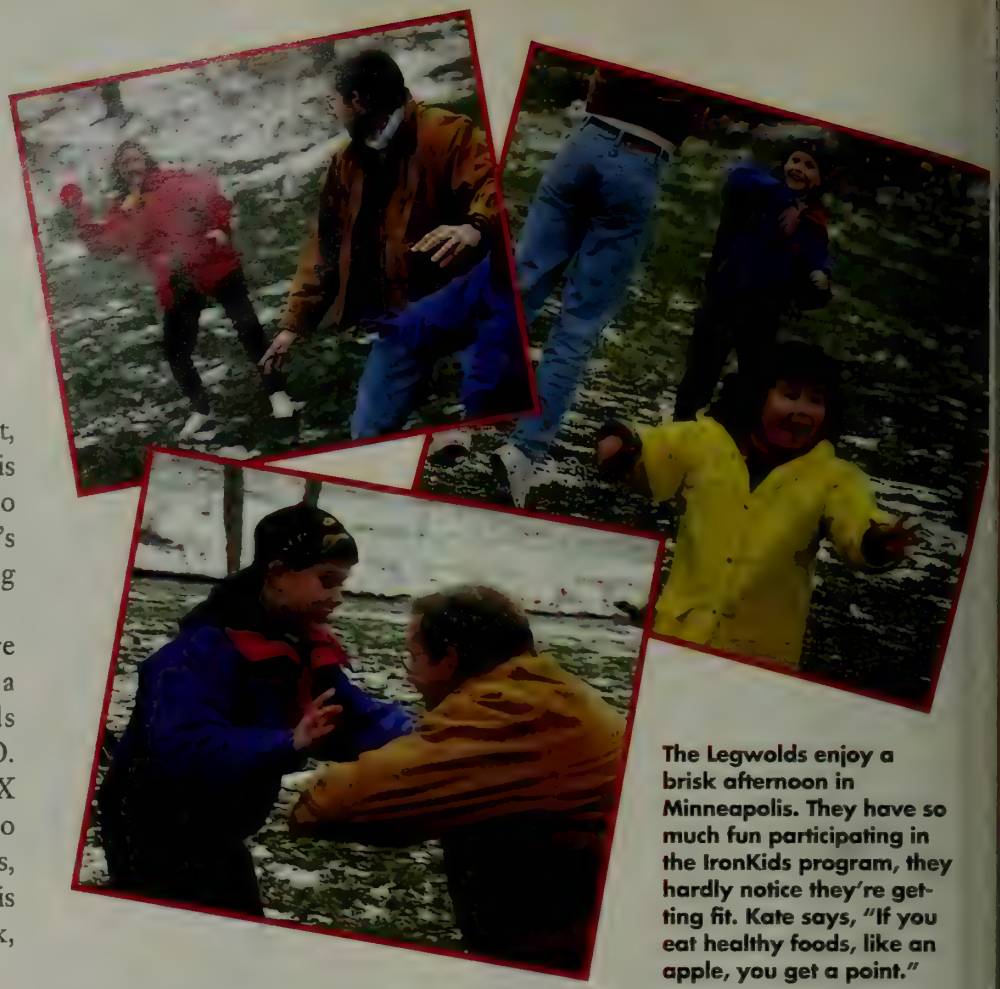
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THE BONDING BONUS

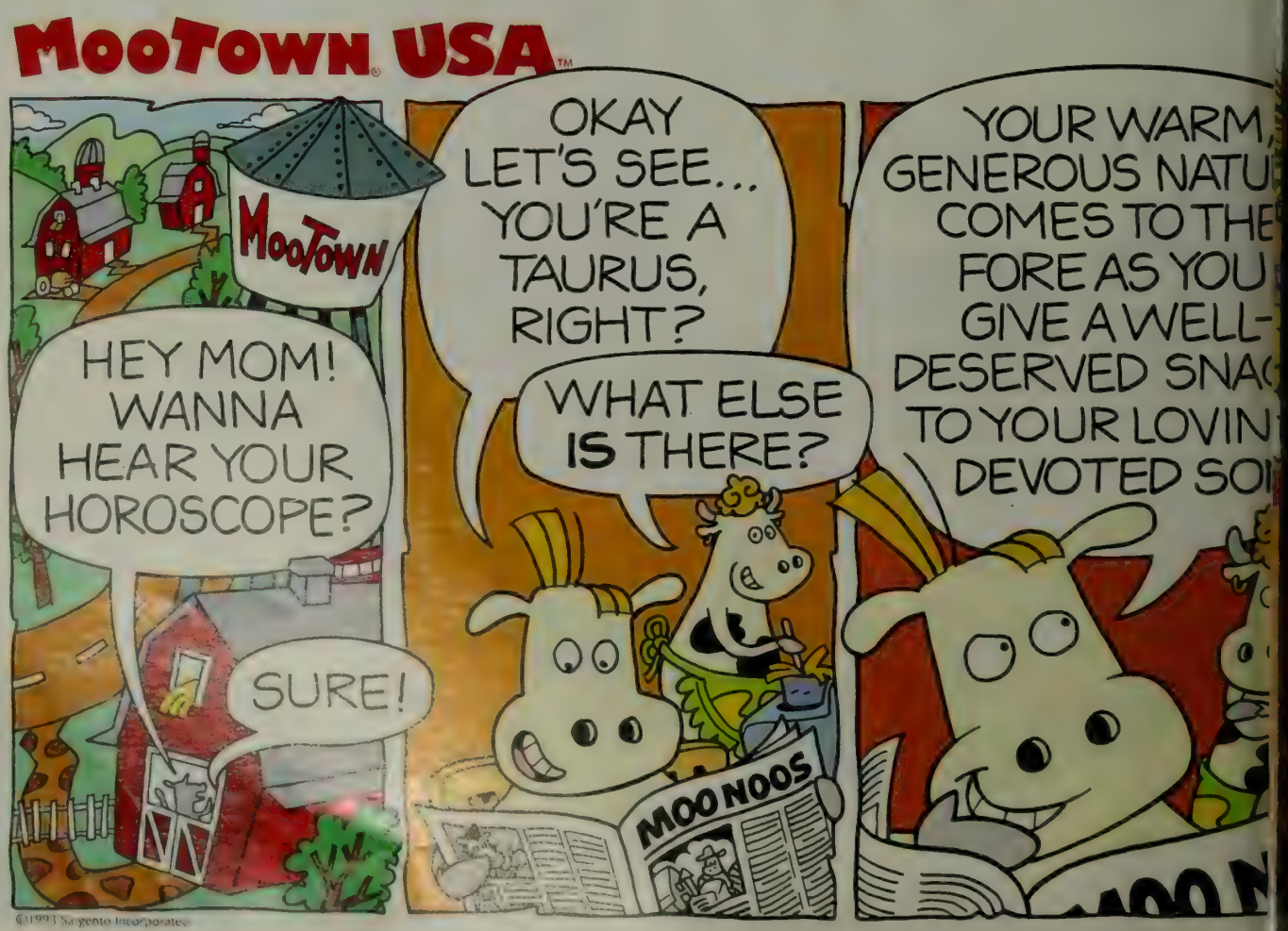
The IronKids program has two strengths. First, it helps a family define fitness as physical activity and nutrition and healthy habits—all on equal footing.

The second, and more important, strength of the IronKids program is that it encourages families to do healthy things together, whether it's exercising, eating a meal, or going for a blood pressure check.

For a free copy of the 20-page IronKids booklet, including a scorecard, write to: IronKids Parent/Child Fitness Program, P.O. Box 190 950-BHG, Dallas, TX 75219-0950. If you would like to read more about children's fitness, Dr. Kenneth Cooper's latest book is *Kid Fitness*, (Bantam, New York, 1991, $14.50).



The Legwolds enjoy a brisk afternoon in Minneapolis. They have so much fun participating in the IronKids program, they hardly notice they're getting fit. Kate says, "If you eat healthy foods, like an apple, you get a point."

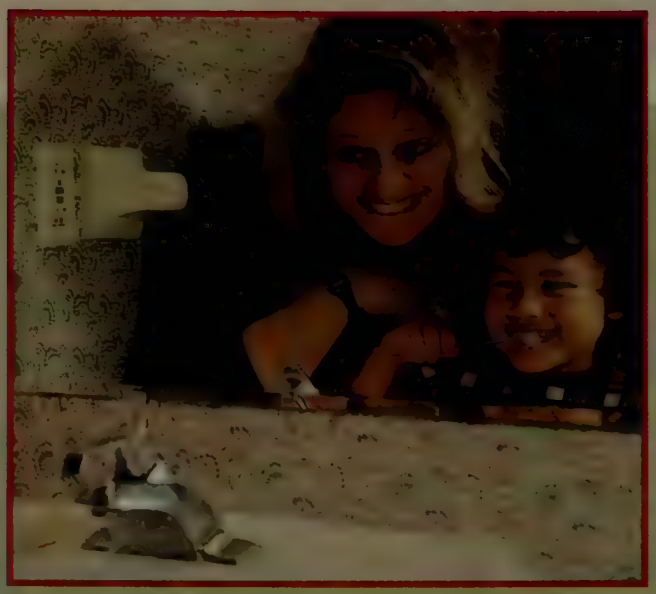


Ironing Out the Bugs in the IronKids Program

Gary Legwold was so enamored with the IronKids program after researching this article, he decided to try it with his own family. Here are his suggestions for starting the IronKids program or any other fitness regimen.

Week 1 of the IronKids Parent/Child Fitness Program is done. So far, my wife, Jane, and I like this program and so do my kids, Ben and Kate, ages eight and five. Based on my family's experience, here are some practical tips for starting the IronKids program in your home:

- Pick a good week. Don't start when you're booked with scout, school, church, and work activities.
- Don't force everyone to take part. Willing participants only.
- Stress the family team, not individual points.
- Be generous in awarding points. This is not the Olympics.
- Don't preach, lecture, or comment about failures in any category. People know what they need to change. Just tally the points, or have everyone add up their own points.
- Modify. Be creative and make this program your own. We substituted for some items we didn't agree with and added some of our own, in part because our kids are young; IronKids is designed for children ages 7 to 14.
- Do spot checks. You may find daily scoring a bit of a burden, so set up a system that fits your schedule.
- Put scorecards where all can see them, such as on the fridge, and set rewards for reaching goals.



Five-year-old Kate earns four points a day for brushing and flossing.

A recent check with Gary finds the Legwold family still at it and feeling fine after six weeks. Ben, 8, looks forward to the end of the month when the family can go to a movie or out to eat as a reward for meeting their goal. ⌂





It's written in the stars: Your kids will ask for snacks, and you'll say yes. So give 'em the good stuff.

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health update

MEDICAL NEWS YOU CAN USE

Small gains tip the health scale



Even minor weight gain can be harmful to your health. The key factor: where you pack your excess poundage.

An extra ten pounds distributed over your entire body isn't much to worry about. But if you tend to gain weight around the stomach, watch out. That sort of gain is linked to a type of diabetes, says William B. Kannel, M.D., a heart researcher. Studies also have linked abdominal fat to heart disease and high blood pressure.

According to Dr. Kannel, a paunch can set you up for type II diabetes, also known as adult-onset noninsulin dependent diabetes. This type of diabetes typically affects middle-aged and older people, particularly those who are overweight. Usually, the problem can be controlled by keeping one's weight down. Dr. Kannel also recommends regular exercise and quitting smoking.

HEALTH ALERT

IT'S NEVER TOO LATE TO QUIT. Research on a group of senior citizens shows that lung function improves even when a smoker waits until age 60 to quit. Millicent W. Higgins, M.D., of the National Heart, Lung, and Blood Institute in Bethesda, Maryland, led the study. Ex-smokers who had quit before age 40 had no loss of lung function. People who had quit after age 60 showed the lung function of folks 5.5 to 15 years older. By comparison, current smokers over age 60 had the lung function of people 10 to 20 years older.

Preschoolers and cold pills

Over-the-counter cold and cough drugs aren't especially effective for preschoolers. That's the conclusion of a review of studies on a variety of cold medications.

Canadian researchers, Michael Smith, M.D., and William Felman, M.D., say that decongestants and antihistamines work for adults



and teens. In younger children, though, the evidence for effectiveness is weak. Some studies show effectiveness, but the weight of evidence is against them. The researchers suggest parents think twice before using these products on children under age 6.

continued on page 76

THE BAYER FACTS:
ASPIRIN

A REALISTIC LOOK AT TYLENOL AND ARTHRITIS INFLAMMATION.

TYLENOL® does nothing to relieve the swelling and inflammation that can accompany arthritis pain.
Extra Strength BAYER® PLUS can help relieve that arthritis pain and, when taken regularly, also help reduce the inflammation, stiffness, and swelling. TYLENOL relieves only pain, not inflammation. After all, you have too much going on in your busy life to be sidelined by the many miseries arthritis can cause.

Extra Strength BAYER® PLUS. 500 mg. strong.
When you're hurting, you want something that's fast, safe and strong. So you'll be glad to know that nothing available without a prescription is more effective at relieving the minor aches, pains and, when taken regularly, the inflammation of arthritis than Extra Strength BAYER® PLUS.

The plus of stomach protection.
We know you're concerned about stomach safety. So are we. So we've added 3 specially chosen gentle ingredients to help reduce the chance of stomach upset.

BAYER

Exactly what's right.
Extra Strength BAYER® PLUS, when used regularly, can help to relieve a variety of painful arthritis symptoms, including inflammation. TYLENOL can't make that claim. And that's the reality of the situation.

Read and follow label directions.
If pain persists for more than 10 days or redness is present, consult a physician immediately.



health update

continued from page 74

Hey jocks: Don't share cups!

Teammates who drink from a common water supply may be setting themselves up for a contagious illness. A new study suggests that one sick athlete can pass a virus to others through the team cooler.

A team of researchers led by Robin M. Ikeda, M.D., studied an outbreak of illness among athletes at a Saratoga, New York, high school. The researchers concluded that one sick player likely infected the football team's water cooler during a scrimmage. Other players picked up the virus when they drank from that water.

To prevent such outbreaks of illness, Ikeda encourages teams to use disposable cups or individual drink bottles, and to use ice packs for injuries rather than ice from the team cooler. Also, any clusters of illness should be reported right away to a school nurse or team doctor.

A Pregnant Question About Aspirin

Healthy pregnant women who are taking aspirin to prevent preeclampsia should ask their doctor to reevaluate the practice. Preeclampsia can result in a serious rise in blood pressure during pregnancy. About one in 20 women experience the condition, which can be life-threatening if blood pressure rises too much. Most women can be treated with drugs on an outpatient basis.

Older studies hinted that low doses of aspirin might reduce the risk of developing the condition. The latest study, headed up by Donald McNelis, M.D., of the National Institute of Child Health and Human Development, suggests that, in healthy women at low risk for preeclampsia, any protective effect isn't enough to overcome the (small) risks involved with taking aspirin.

Some women may benefit from aspirin, however. Those who enter pregnancy with high blood pressure or who have experienced preeclampsia in the past may profit from the drug. Concerned? Talk to your doctor.

continued on page 78

Prescription

NIZORAL

(ketoconazole) 2%

Shampoo

Before prescribing, please consult complete prescribing informati of which the following is a brief summary.

INDICATIONS AND USAGE: NIZORAL® (ketoconazole) 2% Sha is indicated for the reduction of scaling due to dandruff.

CONTRAINDICATIONS: NIZORAL® (ketoconazole) 2% Shampo is contraindicated in persons who have shown hypersensitivity to active ingredient or excipients of this formulation.

PRECAUTIONS: General: If a reaction suggesting sensitivity or chemical irritation should occur, use of the medication should discontinued.

Information for Patients: May be irritating to mucous memb of the eyes and contact with this area should be avoided.

There have been reports that use of the shampoo resulted in remo of the curl from pemanently waved hair.

Carcinogenesis, Mutagenesis, Impairment of Fertility: dominant lethal mutation test in male and female mice revealed single oral doses of ketoconazole as high as 80 mg/kg produced mutation in any stage of germ cell development. The Ames Salm microsomal activator assay was also negative. A long-term feedi study of ketoconazole in Swiss Albino mice and in Wistar rats sh no evidence of oncogenic activity.

Pregnancy: Teratogenic effects: Pregnancy Category Ketoconazole is not detected in plasma after chronic shampooing Ketoconazole has been shown to be teratogenic (syndactylia and oligodactylia) in the rat when given orally in the diet at 80 mg/kg (10 times the maximum recommended human oral dose). Howev these effects may be related to maternal toxicity, which was see this and higher dose levels.

There are no adequate and well-controlled studies in pregnant w Ketoconazole should be used during pregnancy only if the potent benefit justifies the potential risk to the fetus.

Nursing mothers: Ketoconazole is not detected in plasma aft chronic shampooing. Nevertheless, caution should be exercised NIZORAL® (ketoconazole) 2% Shampoo is administered to a nur woman.

Pediatric Use: Safety and effectiveness in children have not b established.

ADVERSE REACTIONS: In 11 double-blind trials in 264 patients using ketoconazole 2% shampoo, an increase in normal hair loss irritation occurred in less than 1% of patients. In three open-labe safety trials in which 41 patients shampooed 4-10 times weekly six months, the following adverse experiences each occurred on abnormal hair texture, scalp pustules, mild dryness of the skin, a itching. As with other shampoos, oiliness and dryness of hair and have been reported.

OVERDOSAGE: NIZORAL® (ketoconazole) 2% Shampoo is inten for external use only. In the event of ingestion, supportive measures, including gastric lavage with sodium bicart should be employed.

HOW SUPPLIED: NIZORAL® (ketoconazole) 2% Shampoo is a orange liquid supplied in a 4-fluid ounce nonbreakable plastic bo (NDC 50458-223-04).

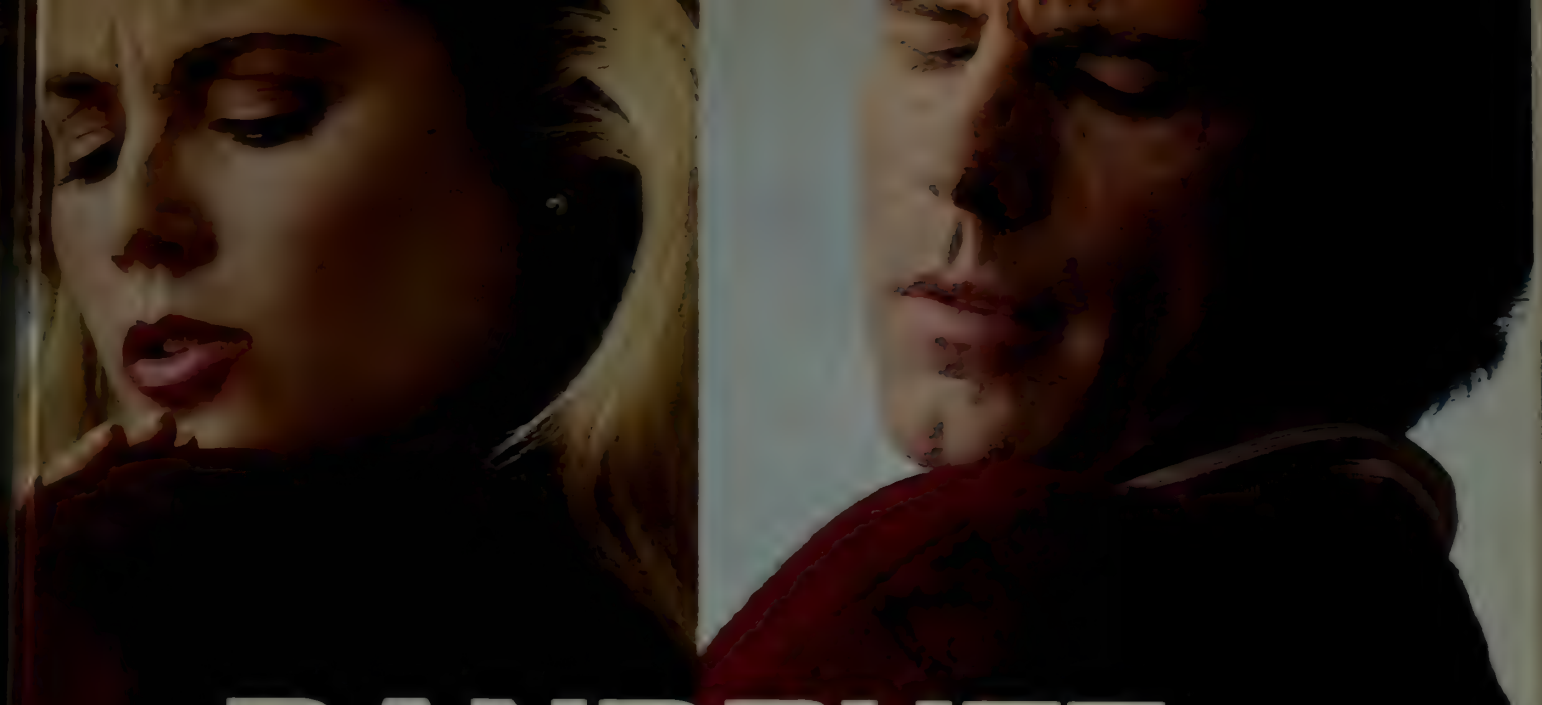
Storage conditions: Store at a temperature not above 25°C Protect from light.

Manufactured by:
Janssen Pharmaceutica n.v.
Beerse, Belgium
Distributed by:
Janssen Pharmaceutica Inc.
Titusville, NJ 08560

Revised November 1991, Jun
U.S. Patent No. 4,335,125
7500003-M

1994 JPI-NS-020

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DANDRUFF

discover a luxurious prescription shampoo that medically treats a leading cause of dandruff.

Prescription NIZORAL® *Shampoo*

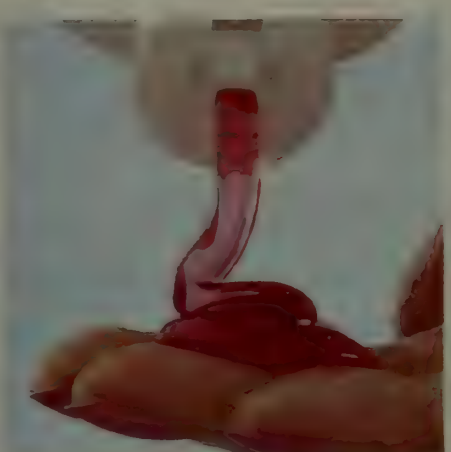
(ketoconazole) 2%

An important reason to call your doctor today about long-lasting dandruff control.

If you're a dandruff sufferer, it really is worth your while to talk to your doctor. Because now your doctor can prescribe NIZORAL® Shampoo. This effective prescription shampoo can medically treat a leading cause of dandruff for long-lasting dandruff control.

Today, a leading theory among experts is that dandruff is caused by the *Pityrosporum* yeast that occurs naturally on everyone's scalp. When this yeast is overabundant, itching and flaking may result.

Only NIZORAL® Shampoo contains ketoconazole, an ingredient that lowers the *Pityrosporum* level on the scalp, thus relieving itching and flaking. In fact, after an initial 4-week period of shampooing twice a week, you'll use NIZORAL® Shampoo only when needed. Think about that compared to how often you use your current dandruff shampoo!



You really need to see, feel, and smell how luxurious NIZORAL® Shampoo is. Ten years of research have resulted in a dandruff shampoo that's not only effective, but gentle* and luxurious to use.

So talk to your doctor soon about NIZORAL® Shampoo. Start gaining long-lasting control over your dandruff symptoms.

*During clinical trials, at recommended dosage, adverse reactions were less than 1%; mainly an increase in normal hair loss and irritation.

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Please see brief summary of prescribing information on adjacent page.

Call 1-800-5-DANDRUFF

for the latest information on controlling dandruff.

continued from page 76

Praise the Child, Pass the Prunes

Want to encourage a youngster to try new foods? Helen Hendy, Ph.D., a psychologist at Penn State University at University Park, found that praise is a better motivator than a toy.

In studying preschoolers, Dr. Hendy and her coworkers found that the best strategy is letting the kids try the foods on their own, then praising them.



Bribing the kids with toys also got them to sample the food, but didn't result in repeat performances. When the kids tried foods on their own, they were more likely to add them to their repertoire.

Here are the foods Dr. Hendy used to test her hypothesis: prunes, chickpeas, water chestnuts, and matzo.



Sex and the Heart Patient

Most men recovering from a heart attack need not play dead in the bedroom. Researchers at the University of Buffalo School of Nursing report that sexual activity seems less likely to cause heart rhythm irregularities than routine daily activities. Seven of the ten men studied showed no irregularities following intercourse. The routine activity most likely to cause irregularities was driving.

Despite this heartening finding, heart attack victims shouldn't rush into bed (or any other strenuous activity) without talking it over with their cardiologist. With counseling and medication, most recovering heart patients can safely follow their heart's desire, wherever it leads them.

DID YOU KNOW?

Home caregivers often develop back problems, says the American Academy of Orthopaedic Surgeons. You are at highest risk when you are moving or transferring someone, or leaning over a person for long periods. To prevent injury when lifting, maintain the natural curve of your spine and lift with your leg muscles. For a free booklet on lifting strategies for home-based caregivers, write: Lift Safe, AAOS, P.O. Box 1998, Des Plaines, IL 60017. Or, phone: [illegible] and ask for "Lift It Safe."

ous dryness shows up in patches.
ous control shows up
new concentrate.



Introducing Dermasil Concentrated Treatment from Vaseline Pharmaceutical Research.

have severe dry skin patches, you've
ly tried every lotion you can get your
on. And been disappointed. Now after
f research, there's a new, powerful
ent that has more than double the
tration of any leading lotion.
ew Dermasil™ Concentrated Dry Skin
ent from Vaseline Pharmaceutical
rch.™ Specifically designed to control
s patches of dryness, this advanced four-tier formula is abundant in crucial skin lipids. It works to help improve the way your skin functions so your patches of extremely dry skin can actually heal themselves.

New Dermasil Concentrate. So effective, you only need small amounts to control your symptoms.

Use in conjunction with Dermasil Dry Skin Treatment Lotion or Cream.



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"When I read that menopause can cause osteoporosis, I decided to do something about it."

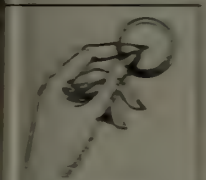
Maybe you've read about it yourself: the loss of estrogen at menopause can speed up bone loss, which may lead to postmenopausal osteoporosis. You could lose up to 50% of all the bone mass you'll ever lose in just the first seven years after menopause begins. So the time to do something about it is now.

Estraderm® Can Help Prevent Osteoporosis

A calcium-rich diet and exercise are key elements in an osteoporosis-prevention program. Estraderm can help, too. Estraderm, available by prescription only, is a clear patch that delivers a form of estrogen through your skin into the bloodstream, much the same way your ovaries did before menopause. The patch is usually worn on the buttocks to minimize the skin irritation that can sometimes occur.

Benefits Vs Risks Of Estraderm

It's important to balance proven benefits against possible risks. Estraderm has been used safely for years by millions of women to relieve hot flashes, night sweats, and other menopausal symptoms. And a study at the Mayo Clinic has confirmed that Estraderm can halt bone loss and prevent postmenopausal osteoporosis. Of course, this doesn't mean that Estraderm is for every woman. Pregnant women should avoid any estrogen therapy. Also, estrogen therapy has been associated with an increased risk of uterine cancer. And you should tell your doctor if you have ever had cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting or any heart disease.



"The Patch"
A nonmedicated sample is included in the free information kit.

Important Issues To Discuss With Your Doctor:

Q. Am I at risk for postmenopausal osteoporosis?

— All women lose some bone during menopause. But some lose more than others. At your next regular check-up, you should discuss your own osteoporosis risk profile as well as the benefits and risks of estrogen therapy.

Q. What can I expect from Estraderm as part of an osteoporosis-prevention program?

— This depends on when you begin therapy, the condition of your bones when you start, and how long you continue. Don't forget: a calcium-rich diet and exercise are also important parts of an osteoporosis-prevention program.

Free: More Information And A Nonmedicated Sample

A sample nonmedicated patch is yours to try as part of a free kit containing more information about menopause and postmenopausal osteoporosis. Just call 1-800-521-CIBA, or send this coupon.

To receive your free nonmedicated sample and kit, mail to CIBA, P.O. Box 907, Spring House, PA 19477-9945

1-800-521-CIBA, EXT. BH15B

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

BH-15

ESTRADERM® ESTRADIOL TRANSDERMAL SYSTEM
AVAILABLE IN 0.05 MG AND 0.1 MG STRENGTHS

See next page for additional important information.

Estraderm

ESTRADIOL TRANSDERMAL SYSTEM

Now the change of life doesn't have to change yours.

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CIBA

Important Information on Estraderm Continued from Previous Page

Estraderm®

estradiol transdermal system

Continuous delivery for twice-weekly application

BRIEF SUMMARY (FOR FULL PRESCRIBING INFORMATION, SEE PACKAGE INSERT).

ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA.

Three independent case control studies have reported an increased risk of endometrial cancer in postmenopausal women exposed to exogenous estrogens for more than 1 year. This risk was independent of the other known risk factors for endometrial cancer. These studies are further supported by the finding that incidence rates of endometrial cancer have increased sharply since 1969 in eight different areas of the United States with population-based cancer-reporting systems, an increase which may be related to the rapidly expanding use of estrogens during the last decade.

The three case control studies reported that the risk of endometrial cancer in estrogen users was about 4.5-13.9 times greater than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least a semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration; it therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persistent or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses.

ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.

The use of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case control study estimated a 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to sex hormones (oral contraceptives, hormone withdrawal tests for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female sex hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

INDICATIONS AND USAGE

Estraderm is indicated for the treatment of the following: moderate-to-severe vasomotor symptoms associated with menopause; female hypogonadism; female castration; primary ovarian failure; atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae; and prevention of osteoporosis (loss of bone mass).

Estrogen replacement therapy is the most effective single modality for the prevention of postmenopausal osteoporosis in women. Case-controlled studies have shown a reduction of approximately 60% in the incidence of hip and wrist fractures in women who began estrogen replacement therapy within a few years of menopause. A recent, well-controlled, double-blind, prospective trial conducted at the Mayo Clinic has demonstrated that treatment with Estraderm prevents bone loss in postmenopausal women at a dosage of 0.05 mg per day.

Treatment with Estraderm 0.05 mg showed full maintenance of bone density with a slight (0.8%), but not significant, increase. Placebo treatment resulted in a significant loss of more than 6% below baseline vertebral bone mass. Patients using either Estraderm 0.1 mg, or 0.05 mg, had significantly greater bone densities than those using placebo.

Other studies suggest that estrogen replacement therapy reduces the rate of vertebral fractures.

Peak bone mass is reached at age 30 to 35 and can best be maximized by adequate calcium intake and exercise during the adolescent and early adult years. Early menopause is one of the best predictors for the development of osteoporosis. White women are at higher risk for osteoporosis than white men, black women are at higher risk than black men, and thin women are at higher risk than obese women. Cigarette smoking may be an additional risk factor. Calcium deficiency has been implicated in the pathogenesis of this disease. Therefore, when not contraindicated, a calcium intake of 1000-1500 mg/day either by diet or supplements is recommended for postmenopausal women.

Immobilization and prolonged bedrest produce rapid bone loss, while weight-bearing exercise has been shown to both reduce bone loss and to increase bone mass. The optimal type and amount of physical activity that might lower the risk for osteoporosis have not been established.

CONTRAINDICATIONS

Patients with known hypersensitivity to any of the components of the therapeutic system should not use Estraderm.

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast;
2. known or suspected estrogen-dependent neoplasia;
3. known or suspected pregnancy (see Boxed Warning);
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders;
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use.

WARNINGS

1. *Induction of Malignant Neoplasms.* Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There are now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although a recent long-term follow-up study has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal mammograms.

2. *Gallbladder Disease.* A recent study has reported a two- to threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

3. *Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives.* There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women.

a. *Thromboembolic Disease.* It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of retinal thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives. If feasible, estrogen should be discontinued at least 4 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors or who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with a history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk.

b. *Hepatic Adenoma.* Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

c. *Elevated Blood Pressure.* Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

d. *Glucose Tolerance.* A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

4. *Hypercalcemia.* Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

PRECAUTIONS

General

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as a cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.
2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., asthma, epilepsy, migraine, and cardiac or renal dysfunction).
3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.
4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.

Studies of the addition of a progestin for 7 or more days of a cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.

6. Oral contraceptives appear to be associated with an increase in incidence of mental depression. Although it is not clear whether due to the estrogenic or progestogenic component of the contr patients with a history of depression should be carefully observ
7. Preexisting uterine leiomyomata may increase in size during prolonged estrogen use. If this occurs, estrogen therapy should discontinued while the cause is investigated.
8. In patients with a history of jaundice during pregnancy, there increased risk that jaundice will recur with the use of estrogen-containing oral contraceptives. If jaundice develops in any patie receiving estrogen, the medication should be discontinued whil cause is investigated.
9. Estrogens may be poorly metabolized in patients with impair function and should be administered with caution in such patie
10. Because the prolonged use of estrogens influences the met of calcium and phosphorus, estrogens should be used with ca patients with metabolic bone diseases associated with hypercal and in patients with renal insufficiency.

Information for Patients

See Patient Package Insert printed below.

Drug/Laboratory Test Interactions

The results of certain endocrine and liver function tests may be by estrogen-containing oral contraceptives. The following chan been observed with large doses of oral estrogen:

1. increased sulfobromophthalein retention;
2. increased prothrombin time; increased factors VII, VIII, IX, a decreased antithrombin 3; increased norepinephrine-induce aggregability;
3. increased thyroxine-binding globulin (TBG), leading to increa circulating total thyroid hormone (T_4) as measured by colu radioimmunoassay; free T_3 resin uptake is decreased, reflect elevated TBG; free T_4 concentration is unaltered; TBG was n affected in clinical trials of Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid concentration decreased pregnanediol excretion.

The pathologist should be informed that the patient is receivi estrogen therapy when relevant specimens are submitted.

Carcinogenesis, Mutagenesis, Impairment of Fertility

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and synthet estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver.

Pregnancy Category X

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

Nursing Mothers

As a general principle, the administration of any drug to nursing mothers should be done only when clearly necessary since ma drugs are excreted in human milk.

ADVERSE REACTIONS

See WARNINGS and Boxed Warning regarding potential advers on the fetus, induction of malignant neoplasms, increased incid gallbladder disease, and adverse effects similar to those of oral contraceptives, including thromboembolism.

The most commonly reported adverse reaction to Estraderm clinical trials was redness and irritation at the application site. T occurred in about 17% of the women treated and caused appro 2% to discontinue therapy. Reports of rash have been rare. The also been rare reports of severe systemic allergic reactions.

The following additional adverse reactions have been reporte estrogenic therapy, including oral contraceptives:

Genitourinary System: Breakthrough bleeding, spotting, chan menstrual flow; increase in size of uterine fibromyomata; change cervical erosion and amount of cervical secretion.

Endocrine: Breast tenderness, breast enlargement.

Gastrointestinal: Nausea, vomiting; abdominal cramps, bloati cholestatic jaundice have been observed with oral estrogen ther

Eyes: Steepening of corneal curvature; intolerance to contact

Central Nervous System: Headache, migraine, dizziness.

Miscellaneous: Change in weight, edema, change in libido.

DOSAGE AND ADMINISTRATION

The adhesive side of the Estraderm system should be placed on dry area of the skin on the trunk of the body (including the butto abdomen). The site selected should be one that is not exposed t sunlight. *Estraderm should not be applied to the breasts.* The sit application must be rotated, with an interval of at least 1 week al between applications to a particular site. The area selected sho be oily, damaged, or irritated. The waistline should be avoided. tight clothing may rub the system off. The system should be app immediately after opening the pouch and removing the protecti The system should be pressed firmly in place with the palm of t for about 10 seconds, making sure there is good contact, espec around the edges. In the unlikely event that a system should fall same system may be reapplied. If necessary, a new system may applied. In either case, the original treatment schedule should be continued.

Initiation of Therapy

Treatment of menopausal symptoms is usually initiated with Est 0.05 mg applied to the skin twice weekly. The dosage should be adjusted as necessary to control symptoms. The lowest dosage necessary for the control of symptoms should be used, especial women with an intact uterus. Attempts to taper or discontinue th medication should be made at 3-to 6- month intervals.

Prophylactic therapy with Estraderm to prevent postmenopau bone loss should be initiated with the 0.05 mg/day dosage as s possible after menopause. The dosage may be adjusted if neces control concurrent menopausal symptoms. Discontinuation of e replacement therapy may reestablish the natural rate of bone los

In women not currently taking oral estrogens, treatment with Estraderm may be initiated at once. In women who are currently oral estrogen, treatment with Estraderm should be initiated 1 we withdrawal of oral hormone replacement therapy, or sooner if menopausal symptoms reappear in less than 1 week.

Therapeutic Regimen

Estraderm therapy may be given continuously in patients who d have an intact uterus. In those patients with an intact uterus, Est may be given on a cyclic schedule (e.g., 3 weeks on drug follow week off drug).

CS2-51(Rev

C I B A

Ciba Pharmaceutical Company
Ciba-Geigy Corporation
Summit, New Jersey 07901

ving Mates
r Life...



Shown smaller than actual size of 8¼" in diameter

the Danbury Mint

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evotion

by Eric Renk

nbered limited-edition collector late trimmed with 23kt gold

edge overlooking a lonesome valley, olves nuzzle beneath the glow of a full Mates for life, this pair is drawn out- eir den by the moonlight's powerful Their warmth and gentle affection h other is particularly touching in light r breed's reputation as fierce loners.

, this endearing portrait of loving on has been captured on a stunning ain collector plate by renowned e artist Eric Renk. Renk, a self- artist, has created this masterpiece er a greater appreciation for ving our wildlife and natural ces. Notice the exquisite detail, so ibly lifelike you can almost feel the ' coarse fur and hear their contented t the moon.

A Limited Edition

"Devotion" will be limited to an edition size of 75 firing days. Each numbered plate will be trimmed with a band of 23kt gold and accompanied by a Certificate of Authenticity. This plate is available exclusively through the Danbury Mint, and the price is just $26.95.

No Obligation—No Risk

You can acquire "Devotion" with our *Guarantee of Satisfaction*. If not delighted with your plate, simply return it within 30 days of receipt for a replacement or refund.

The detail found in Renk's work is truly remarkable. Collectors of "Devotion" will marvel at this touching portrait for years to come. To avoid delay or disappointment, mail your order today!

Please reply promptly

The Danbury Mint
47 Richards Avenue
P.O. Box 4900
Norwalk, CT 06857

WOP 06

Limit: two plates per collector

Accept my reservation for **"Devotion."** I wish to reserve ____ (1 or 2) plate(s). I need send no money now. I will pay for each plate in two convenient installments of $14.95* each, with the first billed prior to shipment.

*Includes $2.95 per plate for shipping and handling, plus any applicable sales tax.

Name: _____
Please Print Clearly

Address: _____

City: _____

State/Zip: _____

Signature: _____
(All orders subject to acceptance.)

_____
Name for Certificate(s) of Authenticity (if different from above)
Allow 4 to 8 weeks after initial payment for shipment

dental update

YOUR GUIDE TO ORAL HEALTH

What's New in Orthodontics?



Having braces doesn't necessarily mean a mouthful of metal anymore. Clear brackets, "invisible" braces, and other aesthetic orthodontic appliances might make you feel better about having to wear braces. But they may not be the best alternative, says Barton H. Tayer, D.M.D., M.Sc.D., clinical director of orthodontics at Harvard University School of Dental Medicine. He cites the pros and cons of two new treatments:

Aesthetic brackets. Transparent or tooth-colored brackets instead of metal braces may motivate some people to seek the treatment they need. However, these cost more than traditional brackets and break rather easily.

Lingual braces. Worn on the back side of the teeth, these appliances cannot be seen by the casual viewer. But there are a few drawbacks, Dr. Tayer says. Lingual braces may cost considerably more—possibly twice as much as regular braces, orthodontic visits are longer and more frequent, patients adjust to the feel of them more slowly, and patients may have to wear them longer than conventional metal braces.

Traditional stainless steel braces are still worn by the majority of patients, especially children. They are the least expensive, most durable, and take the least amount of time to produce results.

YOUR CHILD'S FIRST VISIT TO THE ORTHODONTIST? DON'T DELAY!

Regular trips to the dentist are essential to your child's health. But a visit to the orthodontist can be just as important. That's because untreated problems can lead to tooth decay, gum disease, and eventual tooth loss.

What's the best age? It doesn't hurt to have your child looked at by an orthodontist around age 7, especially if your dentist recommends it. With kids that age, even before all [illegible]eth have started coming out, orthodontists can identify hidden difficulties such as impacted teeth, missing permanent teeth, subtle bite problems, and misalignment of jaw joints. They also can guide teeth and correct deformities in the jaw as it grows. These steps help make later treatment easier and speedier.

How would I look with straight teeth?

Like many adults, you may be considering braces, but you're not sure if the results will be worth all the time and expense. The American Association of Orthodontists will provide you with an "after" photo of your face through its free computer imaging program.

Just submit a photograph of yourself flashing a wide toothy smile. They'll feed it into a computer and match it with a photo of someone's healthy, straightened teeth. The picture is similar to what



your smile will look like after treatment.

Send your photo along with your name, address and phone number to SMILES, American Association of Orthodontists, Dept. BHG, 460 N. Lindberg Blvd., St. Louis, MO 63141

—by Debra Blume

continued on page 8

Who Says You Can't Afford Dental Insurance.



Although a great dental policy can lessen cost of going to the dentist, so can brush- regularly with a great cavity fighting tooth- e like Crest.

After all, Crest is the toothpaste that, over years, has prevented more cavities in the than any other. Not to mention the fact that he brand recommended most by dentists.

In fact, if you and your kids brush with Crest and only Crest every day for six months, we promise your next checkups will be great. And we're so sure you'll be satisfied, we'll even guarantee your money back on six months' worth of Crest.*

Now with an insurance plan like that, how can you afford not to use Crest.



Crest Is The Dentists' Choice.

"Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used as directed in a conscientiously applied program of oral hygiene and regular professional care."–Council on Dental Therapeutics, American Dental Association.

ic Conditions: Requires enrollment form and two dental visits in six months • Covers the cost of six months' worth of Crest, up to $15 -800-497-3887 to receive Regular Crest Guarantee enrollment information • Must enroll by May 31, 1994.

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Dental Update

continued from page 86

Baby's First Tooth? Time to Begin Proper Dental Care

"It's an exciting day when that first tooth erupts," says Arthur J. Nowak, D.M.D., professor in pediatric dentistry at the University of Iowa. "It's also a signal that it's time to do something about it."

Proper dental care for a child less than 24 months old takes two to three minutes each day, maximum, says Dr. Nowak. He and the American Academy of Pediatric Dentistry recommend:

• After the first tooth has erupted, clean your baby's teeth with a small, soft toothbrush (without toothpaste) after feeding and—more important—at bedtime.

Once your child is able to rinse, hopefully by age three, add a pea-size portion of fluoridated toothpaste to the toothbrush. It's important to wait until your child is old enough to spit the toothpaste out, says George White, D.D.S., professor and chair, Department of Pediatric Dentistry at Tufts University. Recent studies show that swallowing too much fluoride may affect enamel formation.

• Visit your pediatric dentist between the arrival of the first tooth and your child's first birthday. Since kids aren't getting as many cavities as they were generations ago, a child's dental visit should be a happy, nonthreatening experience.

• Do not lull your child to sleep with bottles or sweetened pacifiers. Children who sleep with a bottle containing anything but water, or who use the bottle as a pacifier, are especially susceptible to Baby Bottle Tooth Decay. *—by B. J. Towe*



ANYBODY CAN HAVE A MILLION-DOLLAR SMILE



If your teeth are chipped, discolored, or otherwise displeasing, chances are one of these treatments is for you:

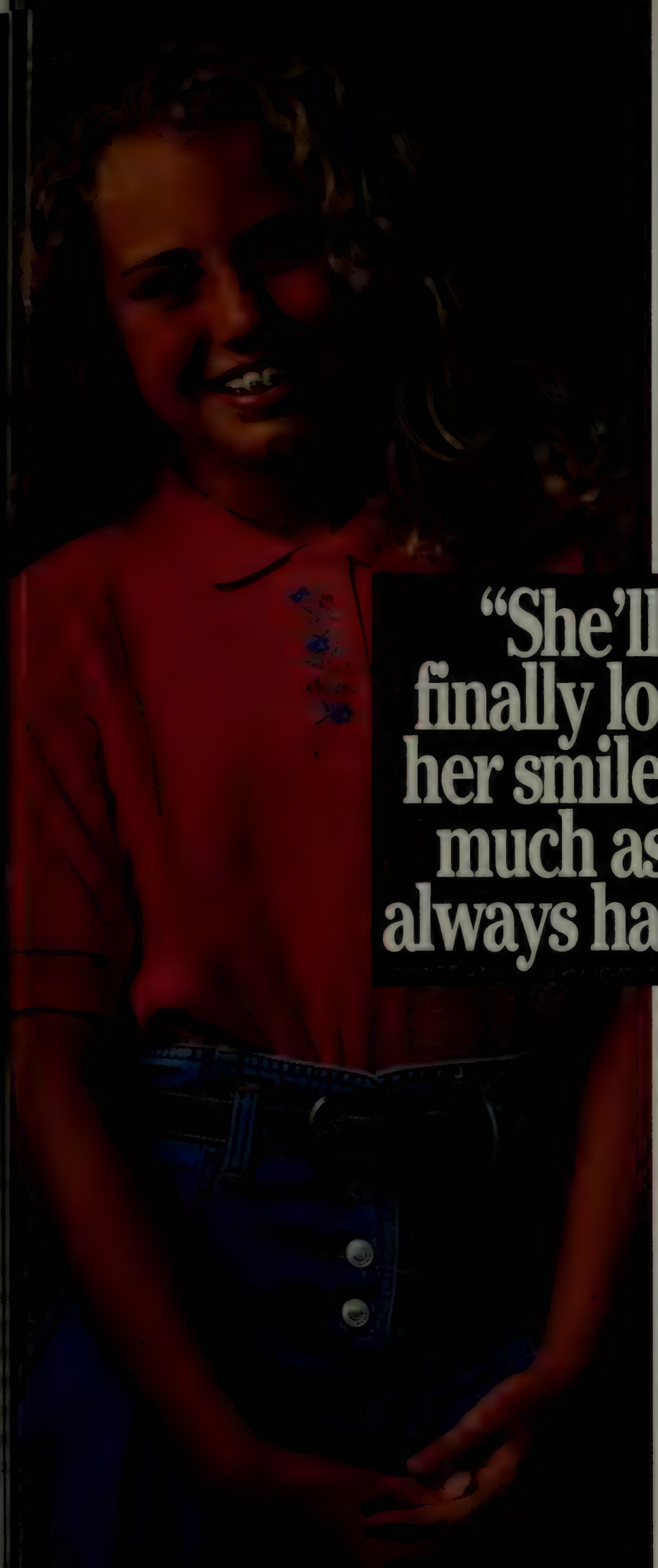
Tooth bleaching can help whiten teeth that are stained or darkened by tobacco, coffee or tea, heredity, or antibiotics. Cherilyn G. Sheets, D.D.S., president of the American Academy of Esthetic Dentistry, says more than one treatment may be required to get your teeth as white as you'd like, but the results can be dramatic after one visit.

Enamel shaping, also called tooth recontouring and odontoplasty, is a relatively quick and simple procedure to improve slightly misshapen or crowded teeth. Dr. Sheets says this is the most economical of the aesthetic treatments.

Bonding can cover discoloration, repair chips, and fill gaps. The dentist creates a resin product, affixes it to your teeth and shapes and polishes it. On drawback: bonded teeth stai rather easily.

Veneers, which are made o resin or porcelain, are stronge than the resins used in bondin and don't stain as easily. Venee are manufactured in a lab fro an impression taken at the de tist's office. This process ca accurately match your natur teeth, Dr. Sheets says. ♦

—by Barbara Hall Palar



"She'll finally love her smile as much as I always have."

"I always thought Suzanne had the sweetest smile. She didn't agree. I guess maybe all moms feel that way about their children. But all it took was one trip to the orthodontist to open my eyes.

"He agreed that based on looks alone braces might not be necessary. But there was a lot more to it than that. He explained that her problem would only get worse and could cause problems down the road much more serious than a little self-consciousness. That was all I needed to hear.

"Before long Suzanne will have a smile that makes her happy, but just as important it will be a healthy smile. And the modest cost paid on a monthly basis was just right for my budget."





We can picture you or someone in your family with a smile you'll love.

Just send us the coupon below and a picture of yourself with a big, toothy grin. We'll send back a picture that will show you what your smile might look like after braces.

Then, if you like what you see, call your family dentist or call 1-800-STRAIGHT for a referral to the one specialist who can answer all your questions. An orthodontist.

Please send me more information about braces.

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Street_____

City_____ State____ Zip_____

Phone_____

Mail to: "Smiles" American Association of Orthodontists
401 N. Lindbergh Blvd. St. Louis, MO 63141-7816

American Association of Orthodontists

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Our Food Police

12 PEOPLE HOSPITALIZED—With headlines like this, it's no wonder that we question the safety of our food. Yet, our government and the food industry insist the food you buy is safe. Who makes sure these aren't hollow words?



THE FOOD POLICE FORCE

Three major groups are involved in ensuring our food is wholesome. First, our government, at the federal, state, and city levels, plays a large role in protecting our food supply. At the federal level, government is responsible for monitoring the safety of food in grocery stores and restaurants. Four federal agencies—the Food and Drug Administration (FDA), the U.S. Department of Agriculture (USDA), the Environmental Protection Agency (EPA), and the Bureau of Alcohol, Tobacco, and Firearms (BATF)—carry much of the load. Each state oversees how food is grown, manufactured, or sold within its boundaries. And, city agencies take care of some food safety issues, such as restaurant inspections.

Food safety is also a mandate for food processors and associations that represent growers and manufacturers. These groups, such as the United Fresh Fruit and Vegetable Association, the National Livestock and Meat Board, the American Dairy Association, the Grocery Manufacturers of America, and the National Frozen Food Association, assume an advisory role in ensuring their food products are wholesome.

In recent years, consumer advocacy groups, the third group, have been watchdogging the government's and the industry's handling of food safety. Organizations such as the Center for Science in the Public Interest, the United States Public Interest Research Group, and the Public Voice for Food and Health Policy scrutinize the food safety network and work toward improving it.

ON PATROL

All of these groups play a vital role in the complex foo safety system of lawmaking, inspecting, and educating.

Regulating: Since 1906 and the original federal foo and drug act, Congress has passed a hopper-full of law enabling government agencies to publish food safety reg ulations. These regulations spell out everything fro which pesticides are safe to spray on fruit trees to wh food colorings can be used.

The regulations are in a constant state of flu Previously unrecognized problems force changes i existing regulations, and the development of new foo products, farming practices, and processing metho

continued on page 9



We've peppered up the perfect Ranch.

Try Kraft® Free® Peppercorn Ranch. Fat Free. Cholesterol Free. It's got the spicy, peppery taste that's all it's cracked up to be.

If it tastes too good to be fat free, it's Kraft Free.™

Good Food/Good Health

continued from page 90

necessitates new guidelines. Recent additions include the FDA ban on sulfites in most fresh foods, a warning label on alcoholic beverages, and the new-and-improved nutrition food labels.

Monitoring: Federal, state, and local government agencies enforce our food regulations. Inspectors monitor operations, such as the slaughtering of cattle, at processing plants. They also look for unsanitary conditions, such as the presence of pests, at manufacturing and food storage facilities. Testing food samples of imported and domestic foods is another crucial step.

In addition to government checkpoints, most food processors rely on their own quality-control people. These experts see that foods adhere to industry or company standards (which may or may not be more stringent than the government standards). In the rare event that the quality-control staff misses a problem at the plant, a toll-free phone number on many labels lets consumers notify companies of any suspected problems. When necessary, responsible companies can notify the press and withdraw the product from stores in a matter of hours. Industry groups believe this self-policing is essential.

Consumer advocacy groups also watch food production and shipping to ensure that regulations are followed. They are quick to call in the proper authorities whenever they sense any sign of violation. Likewise, these groups press manufacturers and the food-service industry to go even further than regulations require.

Enforcing: If safety violations surface, the appropriate government agency must take action. The type of action depends on the severity of the violation. For example, if inspectors find produce that has been treated with an unapproved pesticide, they can detain that shipment, as well as future shipments from the same source.

Tracking Illness: Another piece of the food-safety puzzle involves investigating and controlling outbreaks of food-borne illness. The Centers for Disease Control (CDC), a part of the U.S. Public Health Service, was called in last year to investigate the food poisoning crisis in the Pacific Northwest. CDC, working with other agencies, traced the problem to bacterial contamination of ground beef served at a chain of fast-food restaurants. The agency temporarily closed the restaurants, and food safety experts worked with the meat suppliers and restaurant staff to prevent further contamination.

Educating: The goal of all members of the food police force is to prevent food-borne illness. Their responsibility lies in teaching how to handle and prepare foods safely. This is done through training sessions for restaurant staff people, the distribution of food safety pamphlets, and consumer hotlines. Their primary education message? Mishandling food at any point along the way can turn wholesome, high-quality products int food that is unsafe to eat.

TAKING STOCK

With this huge safekeeping system in place, we'd like t think all of our bases are covered. Unfortunately, exper on all sides agree that some areas still need work.

Many feel that a chronic lack of funds and personne hampers inspection efforts. Because many foods are per ishable, it is sometimes difficult to inspect food, yet kee it moving to market in a timely manner. What's more consumer groups fear that recent calls for governmen deregulation and the use of cost-cutting measures wil weaken the system.

Critics say the current system is geared toward elimi nating food safety mistakes once they have occurred rather than preventing them in the first place. One wa to improve prevention is to allocate more money an time to education.

Another concern is that some federal agencies face a inherent conflict of interest. For example, the USDA was established to promote the meat and poultry indus tries, while at the same time overseeing the safety o meat and poultry processing plants in this country.

Even though the system isn't perfect, it does provide us with what is considered the safest food supply in the world today, thanks to the efforts of government agencies, advocacy groups, and food producers. It's still up t us as consumers to demand the best from governmen and industry and to practice smart food handling proce dures in our own kitchens. ♦

—By Rosemary Hutchinson, who has been writing about food and nutrition issues for 20 years.

JOIN THE FORCE

Become an active voice in the food safety network. Keep these toll-free numbers by your telephone in case you or someone in your family has questions about the safety of the food you eat.

Meat and Poultry Hotline: 800/535-4555
Seafood Hotline: 800/332-4010

For an address list of government agencies and industry and consumer advocacy groups on the food police force, send a self-addressed stamped envelope to: *Better Homes and Gardens* magazine, Food Department, The Food Police, 1716 Locust Street, Des Moines, IA 50309-3023.

To get an excellent overview of how to ensure the food you serve at home is safe to eat, send for *A Quick Consumer Guide to Safe Food Handling*—Home and Garden Bulletin 248. Write to: Consumer Information Center, Department 84, Pueblo, CO 81009.

Ann Jillian: My Story

I lost 50 pounds in six months, and I feel great!

Months after my baby was born, I still looked pregnant. Then I lost **50** pounds in 6 months.* And I've never felt better in my life!

The Ultra Slim·Fast® Plan is such a ***delicious*** way to lose weight! The shakes come in so many fabulous flavors–luscious Strawberry, creamy Coffee, French Vanilla and four decadently delicious chocolate flavors. And every great-tasting shake is low in fat, with the nutrition of a balanced meal.

And the Plan is really so ***easy.***





You have a shake for breakfast, another for lunch and



then a sensible dinner. Even scrumptious Ultra Slim·Fast candy bars as snacks.

Now I feel younger and healthier than I have in years. I love what Ultra Slim·Fast did for me. And if it worked for me, it can work for you too.

Give us a week, we'll take off the weight.

***Ann Jillian's weight loss is not typical of the average Slim·Fast consumer. Individual weight loss may vary. Average weight loss 3-4 lbs. week one, then 1-2 lbs. per week. Consult your doctor if you want to lose more than 20% of your body weight. Use as directed with enclosed diet plan.** ©1994 Slim·Fast Foods Company

Get-Ready-For-Spring Woodworking Projects



SUMMERTIME SETTEE
With its curvy back and decorative slats, this ample and durable seating piece will add beauty to a porch, patio, deck, or backyard.



FOLD-AWAY DOLLHOUSE
The perfect solution to the space squeeze, this colonial mini-home (complete with six generous rooms, staircase, and chimney) folds flat in its own case.



ADIRONDACK CHAIR
You'll delight in this comfortable Adirondack Chair. It hugs the human form and offers wide arms on which to park a cold lemonade or a light summer snack.



PORCH SWING
Simple to construct, this swing's curvy design creates comfortable gliding for two adults or three children. The swing hangs securely from a pair of chains.

On the lookout for outstanding projects to build on those wintry days? Here are four you won't want to miss. The plans are easy to build, but so well designed that they'll draw rave reviews from family and friends.

Each professionally drawn plan includes a complete list of materials to get you started, full-size cutting patterns, detailed construction diagrams, and special tricks of the trade to save time and money. Clearly written instructions take you step-by-step through each project. Special hints and tips from our woodworking experts help you create professional results.

The price for one plan is $9.95; two plans cost $18.95; three plans cost $26.95; and all four plans cost $33.95. Prices include shipping and handling charges plus sales tax, if applicable.

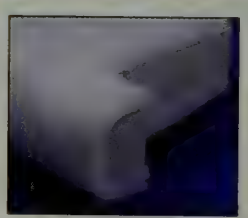
HOW TO ORDER

Make a list of the plans you wish to order and calculate the total from the price(s) shown above. Then send the list along with your name, address, and a check or money order for the total amount to: *Better Homes and Gardens*® Reader Shopping Service, Box 9128, Dept. W9402, Des Moines, IA 50306-9128.


Candlewood
by Broyhill
Smart Buys from
Broyhill

Candlewood by Broyhill

THE BROYHILL DIFFERENCE



HR (High Resiliency) foam, recognized throughout the furniture industry as the highest quality cushioning material available, means your Broyhill sofa cushions will keep their shape and comfort.

Our solid wood frames are strengthened by screw and glue blocks as well as double and triple dowel joints that will endure years of everyday use.





Dressers and chests employ mortise and tenon joints on cross support rails between drawers to help create structural strength and sturdiness of the cabinet.

Smart Buys™ from Broyhill

Candlewood complements a wide range of settings, whether mountain lodge, seaside cottage, period row house, suburban farmhouse, or urban transitional. For the bedroom, Candlewood includes a Panel Bed, $500, whose headboard features deeply carved moldings. The Landscape Mirror, $250, Triple Dresser, $690, and Night Stand, $275, together with the Drawer Chest, $690, maximize storage and help you organize clothing and accessories. Later, you can relax in the Shell Back Chair, $540.

Featured on previous page: Candlewood's Entertainment [illegible] has pocket doors that open to provide plenty of room for up to a 27" TV. The [illegible] offers additional display possibilities on the felt-lined drawer [illegible] Also featured: Drop-leaf End Table, $30[illegible] Sofa, $775, Plant Sta[illegible] Chest, $325. Inset photo: Lounge Chair, $625, and Ottoman, $2[illegible]

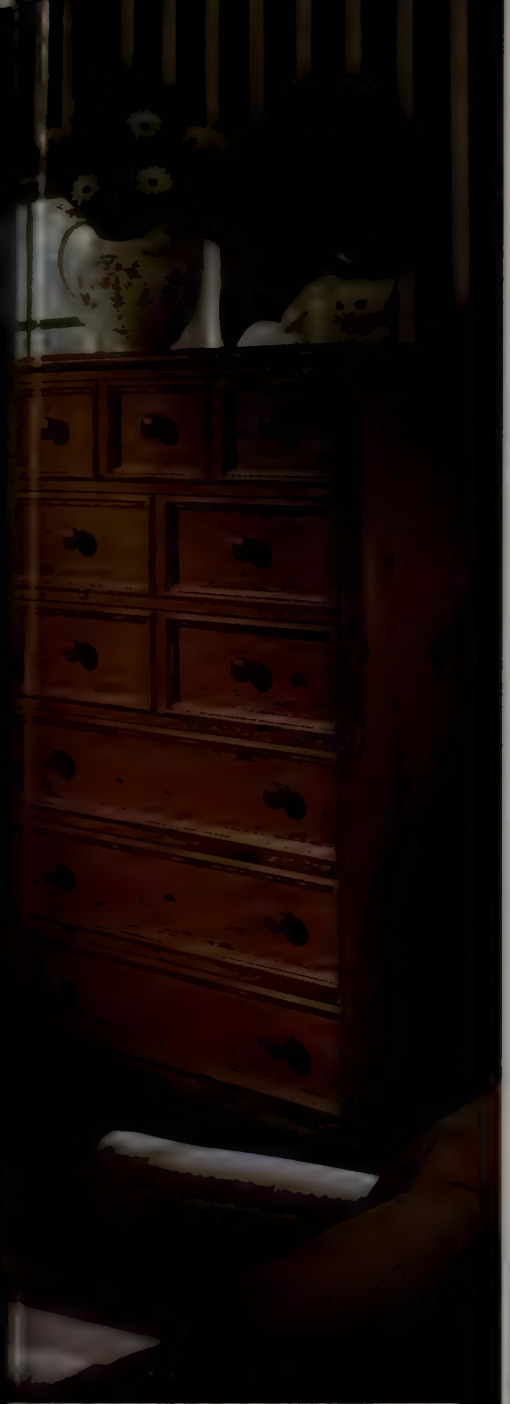
Home is truly a haven with Candlewood, Broyhill's popular classic design furniture collection. Candlewood is versatile, with many pieces designed to serve a variety of uses. Broyhill has crafted Candlewood from select pine solids and pine veneers and finished the collection in warm Honey or, with select pieces, in Buttermilk or a charming combination of Buttermilk and Honey. Finely carved fretwork, simple wood pulls and beautifully turned legs and feet give Candlewood an appealing style that will be welcome in any room. Add Broyhill's renowned quality craftsmanship and affordability, and Candlewood is a value you'll appreciate for many years to come.



The charming Open China, $1,440, gets its nostalgic appeal from pierced fretwork, crown moldings and plate racks. A welcome addition for both storage and display in any dining room, this China would offer a warm greeting in an entry area or grace a kitchen with extra storage and work space. Quality craftsmanship is evident in the gracefully turned legs of the Farm Table, $765, the curves of the Splatback Arm Chair, $225 each, and Splatback Side Chair, $175 each, and the turned feet of the Server, $665. Complete the look with the Plant Stand, $215.



Candlewood's Poster Bed, $640 and Night Stand, $300, in a rich Buttermilk finish, reflect the romance and charm of an evening in the country.

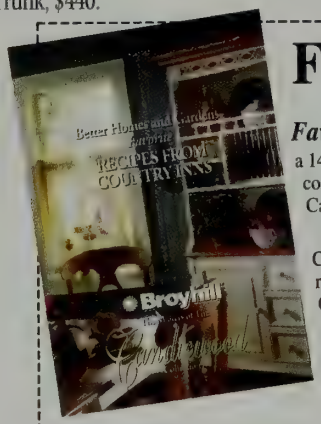




Mirror, $200, Jewelry Storage, $140, Triple Dresser, $725.



Broyhill has created today's cottage look, with a Sofa, $1,015, featuring a gently shaped sweetheart back. The Settee, $800, has a warm pine trim that complements coordinating occasional tables. Together with the Club Chair, $590, and Ottoman, $265, these cozy pieces are finished in a collection of fabrics chosen specifically for Candlewood. Also shown are the Round Lamp Table, $225, Commode End Table, $240, and Trunk, $440.



FREE Better Homes and Gardens

Favorite Recipes From Country Inns,

a 144-page collection of recipes from Country Inns, compliments of Broyhill, the makers of the Candlewood Collection.

Qualify for your free 144-page Candlewood Cookbook by visiting your participating Broyhill retailer to see the unique styling of the Candlewood Collection and the quality of Broyhill.

1-800-3BROYHILL
(1-800-327-6944)

Limit 1 cookbook per household. Registrations must be postmarked by March 31, 1994. This coupon must be presented to retailer in order to qualify.

BHG

Candlewood's selection of furnishings includes a well designed Entertainment Armoire, $1,375. Pocket doors open to reveal generous space for up to a 27" TV, VCR and video game center. Below, doors enclose storage of tapes, entertainment accessories and game cartridges.

Unique styling combined with quality and an affordable price make Candlewood a truly outstanding value – one of the Smart Buys from Broyhill.

ARIZONA

Flagstaff	The Furniture Barn
Gilbert	Norwood Furniture
Green Valley	Dorson Furniture
Kingman	Arizona Furniture
Lake Havasu City	Michael Alan Home Furnishings
Lakeside	Joys Furniture
Mesa	Paul L Sale
Phoenix	M. D. Pruitts
Prescott	Marler Furniture
Tucson	Dorson Furniture
Yuma	Barenholtz Fine Furniture

CALIFORNIA

Anderson	Kueblers Furniture
Atwater	Passadoris Furniture
Chico	Austins Home Furniture
Crescent City	Kueblers Furniture
El Cerrito	Tradeways Furniture
Hollister	Black and Cooper Furniture
Manteca	Halers Furniture
Marysville	B. J. Richardson Home Furniture
Modesto	J. S. West Furniture
Pittsburg	Lanzafame Furniture
Pleasanton	Woodworks
Sacramento	Naturwood Home Furnishings
Salinas	Packwoods Showcase Galleries
San Mateo	House of Value
Santa Clara	Eastern Furniture
Santa Rosa	Santa Rosa Bedding Co.
Sonora	Simply Country
Turlock	Woods Furniture
Vacaville	Shocks Furniture
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IDAHO

Blackfoot	Blackers Furniture
Boise	Commercial Home Furnishings
Caldwell	Blackers Furniture
Lewiston	Sylvans Furn
Twin Falls	Browns Furniture

NEVADA

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Hood River	Mu
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Seaside	Roehm
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Syracuse	R C Willey Home Furnishings
West Valley	R C Willey Home Furnishings

WASHINGTON

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Ellensburg	Fitterers Furniture
Everett	Erickson Furniture
Ferndale	Samuel's Furniture
Kent	Vans Furniture
Oak Harbor	Whidbey Furniture & Carpet
Port Hadlock	Petricks Home Furnishings
Richland	Griggs Furniture
Spokane	Burgans Furniture
Tacoma	Schoenfelds Furniture
Vancouver	Koplan's Furniture
Wenatchee	Davis Furniture
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Smart Buys from Broyhill

SMARTBUYS from Broyhill

To rece complet Buys lit collecti 1-800-3 Price is and Ma are accepted. Or, send check o order to:

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Manufacturer's suggested "Sm prices effective through March Prices may vary at individual items may not be available at a Furniture items may be special

tips, tools, & techniques

This is your column. It contains the best workshop shortcuts and household tips that readers like you have discovered. See below for details on how you can share your best tips.

SIMPLE STEP PAINTING

Painting a set of stairs can be time consuming if you take the typical approach of painting a couple of steps, letting them dry, then painting a couple more. Instead, try painting every other step. Once those are dry, you can paint all of the remaining steps.

Marilyn Wright
Orinda, Calif.

USE A SHADE UNDER A CAR

Always keep a plastic roll-up window shade in the trunk of your car. If you ever need to check under the car or repair a flat tire, simply roll out the shade—it will help protect your clothing.

Lois Wallace
Columbus, Ohio

NO-SCUM SHOWER DOORS

Having trouble ridding your glass shower doors of film and scum? Rub the doors with mineral oil to create clear and shiny glass.

Anne Marie Salvaggio
Glendale, Calif.

PUT A BAG IN IT

Here's a convenient and neat way to store all those plastic grocery store bags. Cut a 3-inch round hole in the center of one side of an old plastic milk jug. About 60 to 70 bags can fit in a single jug.

Donald Cianfrocca
Edison, N.J.

KEEP A RULER ON HAND

Always have a ruler handy by following this clever step. Simply measure your outstretched hand—from the end of your wrist to the tip of your middle finger. Remember that number and you'll be able to make a rough measurement anytime.

Linda Meader
Modesto, Calif.

SHARPEN UP THOSE SCISSORS

Keep your scissors and snippers on the cutting edge with this easy idea. Save old pieces of sandpaper. Simply cut through the sandpaper with the scissors or snippers to quickly sharpen their blades.

Kedric Leach
Playa Del Rey, Calif.

PUT HOLES IN PAINT CANS

After you open a paint can, use a hammer and nail to punch a few small holes in the lip of the can. These holes allow excess paint to drip back into the can. This method reduces splatters when you put the lid back on and allows a tighter seal.

Susan Barnhill
Los Alamitos, Calif.

SEND US YOUR TIP

Mail your tip, along with a daytime telephone number, to Tips, Tools, and Techniques, *Better Homes and Gardens®* magazine, 1716 Locust Street, Des Moines, IA 50309-3023. No food or cooking tips, please. We can't acknowledge or return your letters. If we buy your tip, we'll send you $25. We reserve the right to edit tips we buy and to use them in any way for as long as we would like. We don't accept previously published tips.

HINT #6

Get a leg up on runs.



To make pantyhose more resistant to runs, we've got the perfect solution.

First, wash new pantyhose and allow to drip dr
Then mix two cups of Morton® Salt with one gallon of water and immerse pantyhose. Soak for three hours, rinse in cool water, and drip dry
For more creative ways to use economical, effective and safe Morton® Salt around the house, just write: Morton Salt Tips, Dept. A, Chicago, Il 60606-1597

Morton



The biggest new
in cleaning
since the sponge

New Comet® Liquid Gel Bleach + Cleaner is the best t
that ever happened to kitchens and bathrooms.
It not only removes tough stains, it also cleans grea
and soap scum better than other leading bleach clean

Comet®

When others can't cut it, Comet can

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home improvement

Last November we announced four of the top winners in our 1993 Home Improvement Contest. This month we present four more big winners. Each of these families won first place in their category, and two also took the runner-up prizes in the contest as a whole. Their great ideas may spur a winning remodeling project at your house too.

contest winners

by Joan McCloskey, William L. Nolan, Steve Cooper, and Steven Greenhut

home
improvement

Runner-Up & Whole House Winner **$5,000**



Fred and Liz West gather with their three children, Bethany, Elliott, and Taylor Anne, outside their newly expanded ranch in California.

A trio of skylights (two are visible here) pumps sunshine into the master bedroom suite and delivers rooftop glimpses of the starry night sky.

The Wests, Coronado, California. Gaining extra space for their growing family posed a real challenge for Fred and Liz West of Coronado, California. Their one-story ranch had been shoehorned onto a tight 40×140-foot corner lot, with a tall two-story house adjoining one side. They couldn't bear to give up the vintage character of the neighborhood though, so they asked architects Peter and Julie Urbon to develop a workable remodeling strategy. "We wanted lots of light, windows, angles, and generous play areas for the children," says Liz. By staying put, they were able to invest in quality rather than settle for second best in a brand-new house. The Urbons met the challenge with a large second-story addition plus two modest additions on the main floor. Here's what they gained:

- Upstairs, a new master suite plus two bedrooms for the Wests' children.
- Downstairs, a spacious family room (the old living room) along one side and a formal dining room out front.
- More efficient use of existing space on the main floor: better circulation, clearer separation of formal and informal areas, and a family eating area.
- New terraces outside that extend the architecture into the front lawn.

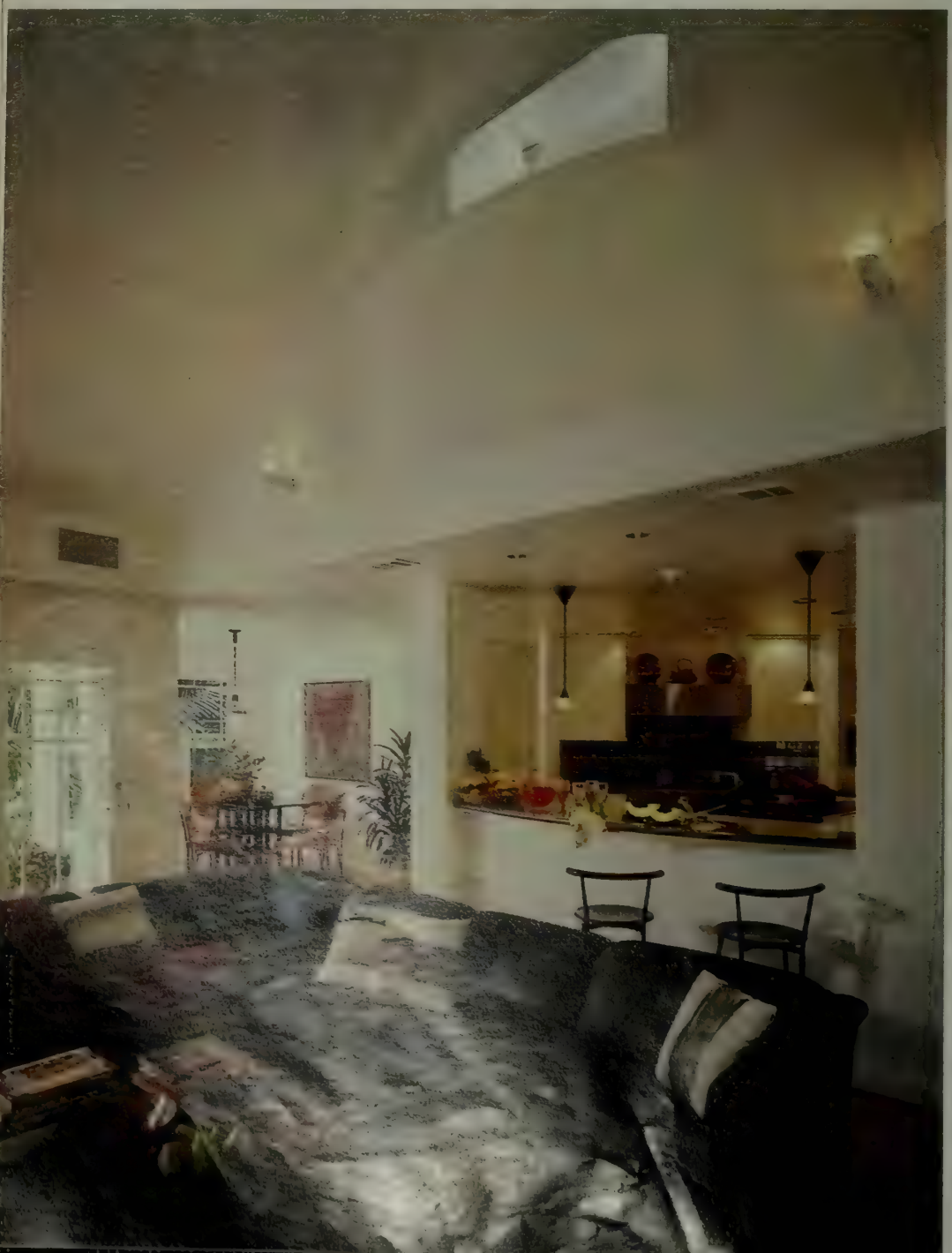
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home
improvement



Boosting the home's square footage was one key objective; another was to pull in more light. The old living room and dining room faced north, and the neighboring house to the south blocked the sun in other parts of the house. To brighten the entire house, the architects added big windows on both floors. In the dining room, they bumped up the ceiling at one end to fit an extra-tall bay. Windows in the bay soar past the standard-height ceiling to grab extra light plus views that reach into the treetops. Also, the architects punctuated the roof with skylights to pump sun into the master suite.



Strategically sized and positioned windows channel light into the two-story foyer without sacrificing privacy. Cutouts in the stair banister (*above*) let the light spill down to the main floor.

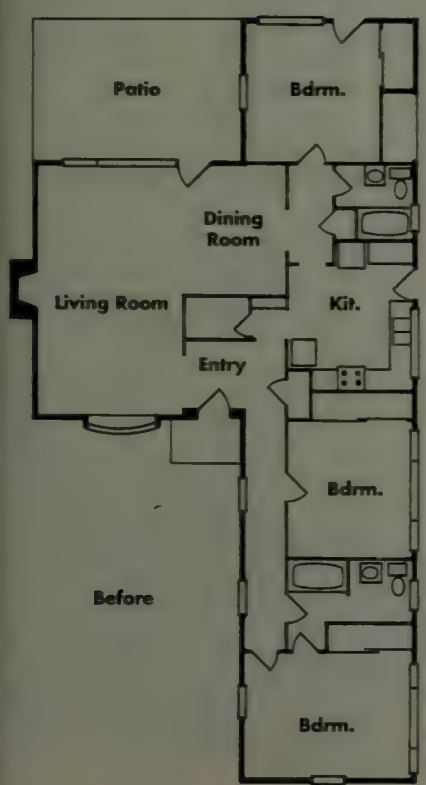
A curved balcony (*left*) opens the master suite to the family room. Pillars under the balcony let space flow freely between the family room, kitchen, and breakfast nook.

Upstairs, the original floor plan no longer suited a growing family. Bumping out and adding a second floor liberated the cramped layout. Most of the bedrooms were relocated upstairs, leaving room downstairs for a roomier family room and kitchen, a formal living room and dining room, and a guest bedroom and bath.

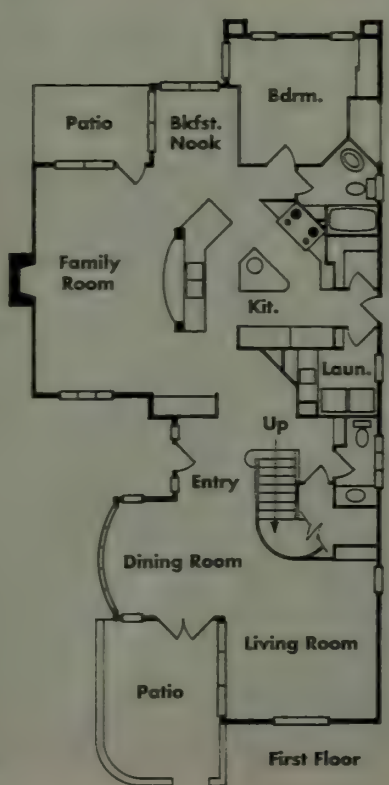
The second-story addition also relieved tight quarters downstairs; modest-size bump-outs on the main floor mate the house comfortably with its corner site and preserve the original structure's one-story character.

Buying information, *page 114*

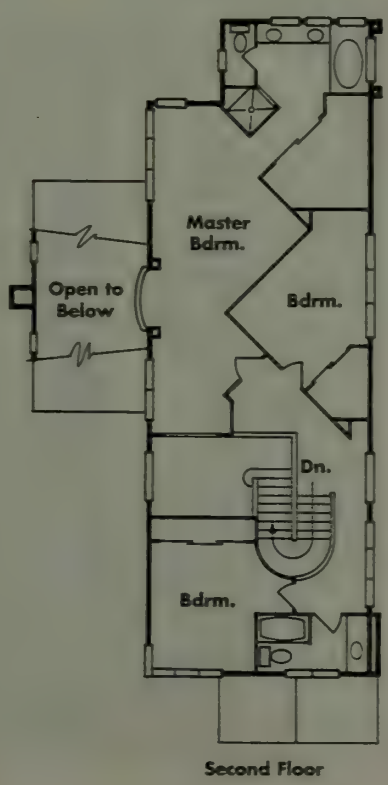




Before



First Floor



Second Floor

Runner-Up & Exterior Winner **$5,000**



Wayne McBride, Gladwin, Michigan. When Wayne McBride bought his home, what it lacked in charm, it made up for in price.

As a retired carpenter and custom builder, Wayne wasn't intimidated by the dowdy fixer-upper's many deficiencies. In this nondescript, almost painfully plain house, he recognized a bud waiting to blossom. These are some of the renovations that helped Wayne take home the prize:

- A front porch. Where there had been no shelter or even a hint of architectural character, Wayne stretched a porch the full length of the home's front facade.
- A new main entry. Tucked under the porch overhang, the entry is a welcome addition. Wayne surrounded the door with full-length sidelights and a pair of brass lanterns for a touch of formality.
- Fancy trimmings. New windows, shutters, and such refined exterior trim as a half-round fan give polished charm to an otherwise modest home.
- Landscaping. Wayne plucked, pruned, and planted for colorful results.



PHOTOGRAPHS: JIM HEDRICH, HEDRICH BLESSING

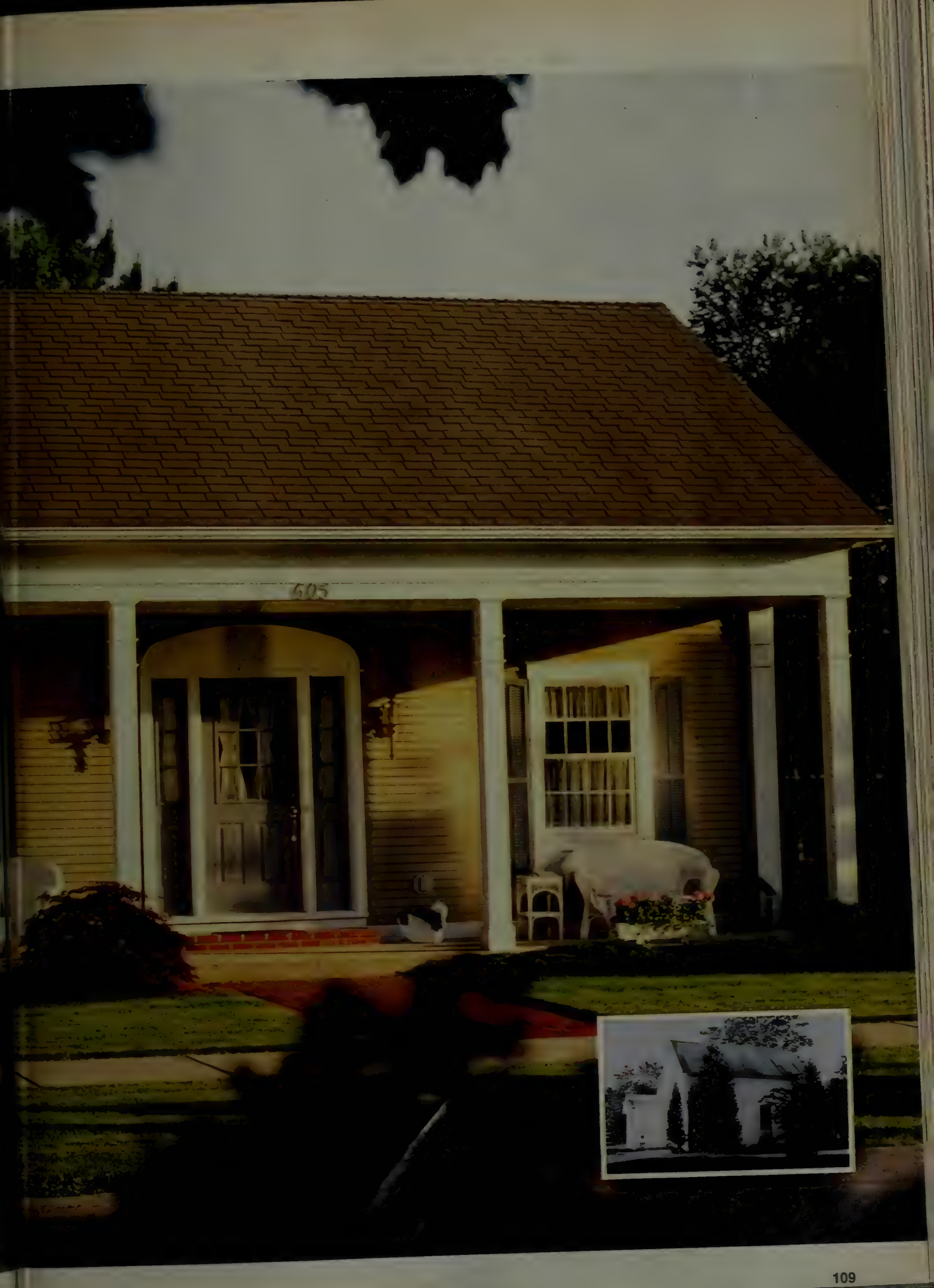
Wayne McBride, shown *above* on his front porch, did about 80 percent of his own remodeling work.



With a skillful blend of construction, color, and trim, Wayne has transformed the once-homely exterior into a place of delight.

A white picket fence, window boxes, and shutters are just some of the pleasing details that Wayne added.

Buying information, *page 114*


505



Outdoor Winner **$1,000**

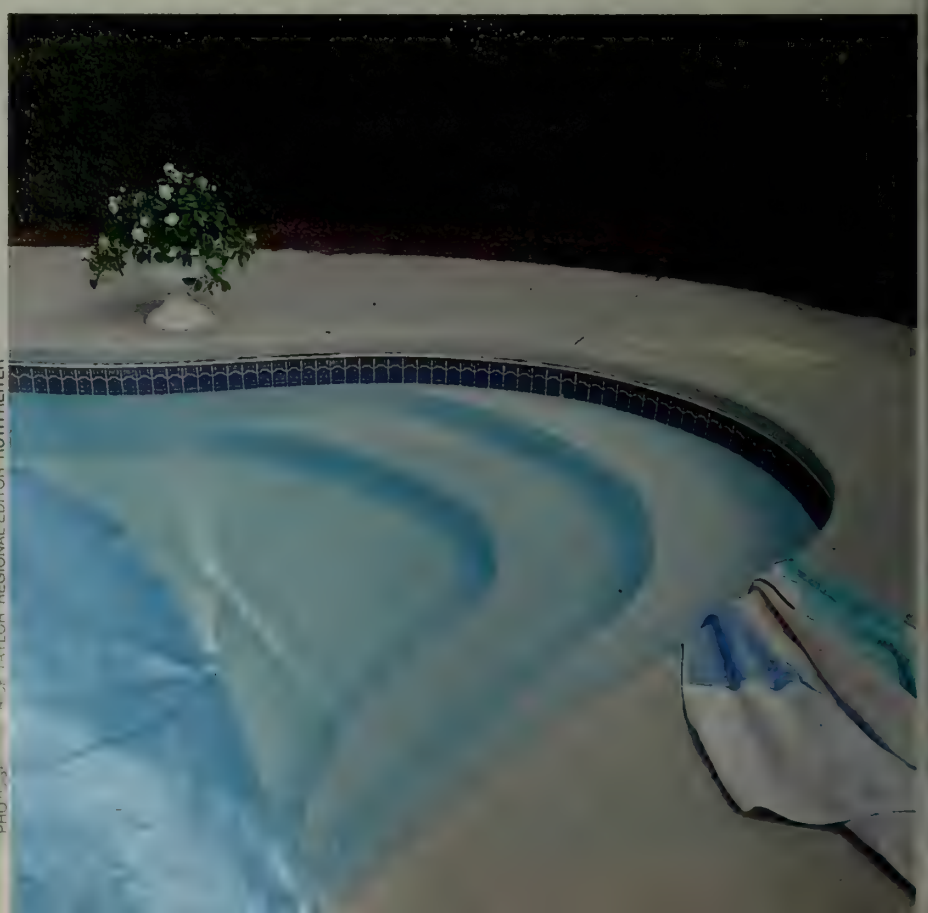
The Hardys, Peachtree, Georgia. "Poolside resort" has taken on a whole new meaning for Vic and Vicky Hardy. Their backyard now boasts a lushly landscaped swimming pool that rivals those at exclusive resorts in the Caribbean. A host of thoughtful design touches made their pool a winner:

- Shapely simplicity. Vicky sketched the shape on a piece of scratch paper for the pool installer. Eye-pleasing curves in the pool walls and in the broad steps at each end are ornament enough.
- Nature's own colors. The Hardys didn't even paint the pool's interior. "We decided that Mother Nature's own aqua blue looks more appealing than any artificial tint we might have chosen," says Vicky.
- Naturalistic landscaping. Soil excavated for the pool became a series of bermed planting beds around the perimeter, making the pool appear to nestle in its wooded clearing. For year-round color, the Hardys added large beds of daylilies and several varieties of flowering shrubs on the berms, and draped the back fence with climbing roses.

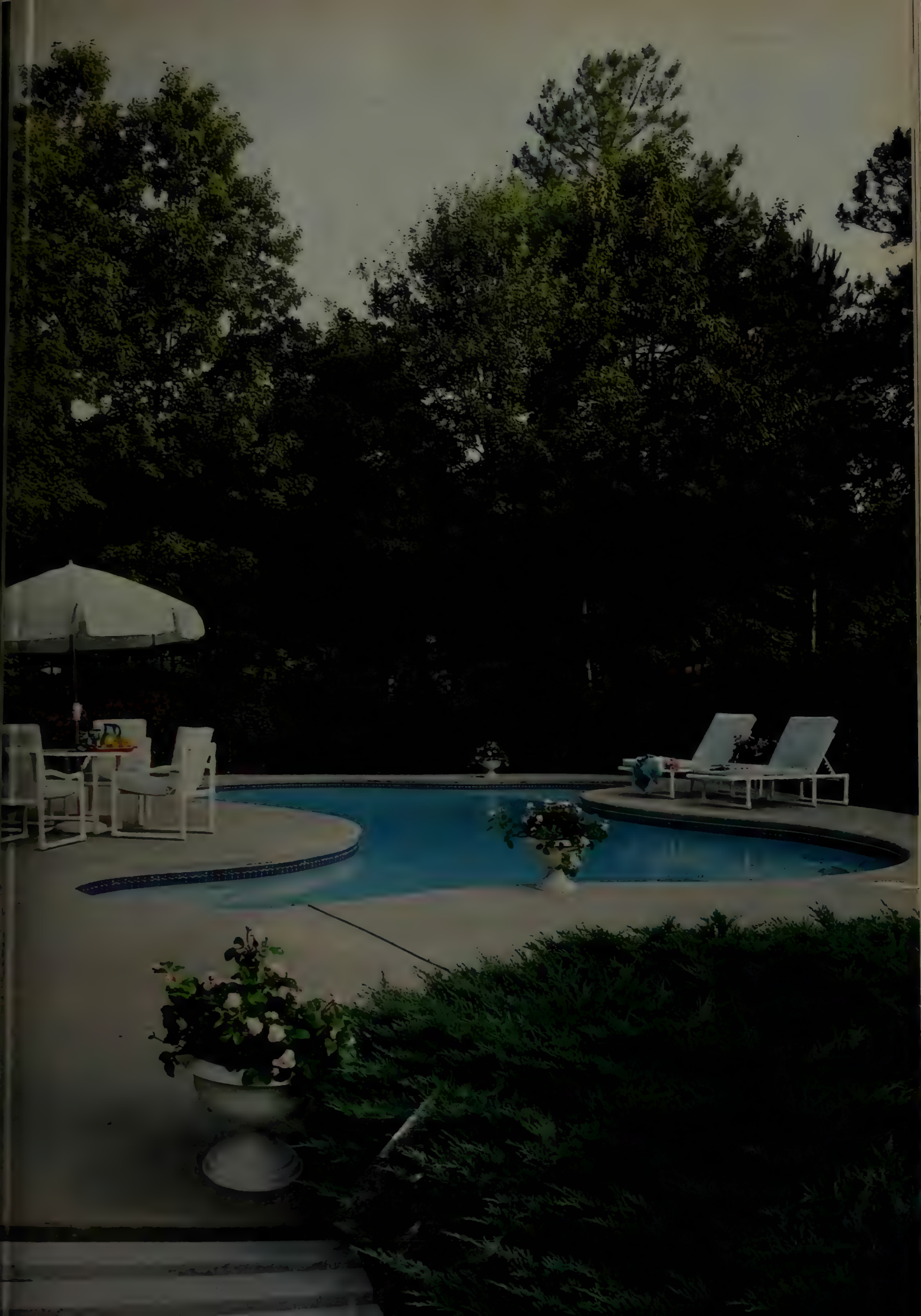
After hours and on weekends, Vic and Vicky Hardy slip away to the poolside oasis they built in their backyard.

One side of the Hardys' amoeba-shape pool forms a graceful peninsula for their umbrella table. The other side curves out to accommodate a sunning area.

Buying information. *page 114*



PHOTOGRAPHY: TAYLOR REGIONAL EDITOR: RUTH REITER



home improvement

Interior Winner **$1,000**



Peter and Lynn Williamson sit on the centerpiece of their home's restoration—a painstakingly reconstructed staircase.

After the floor plan was reconfigured, they restored the moldings, refinished the floors, and installed period lights. French doors, added at the back of the dining room, open to the old mudroom—now a cozy solarium.

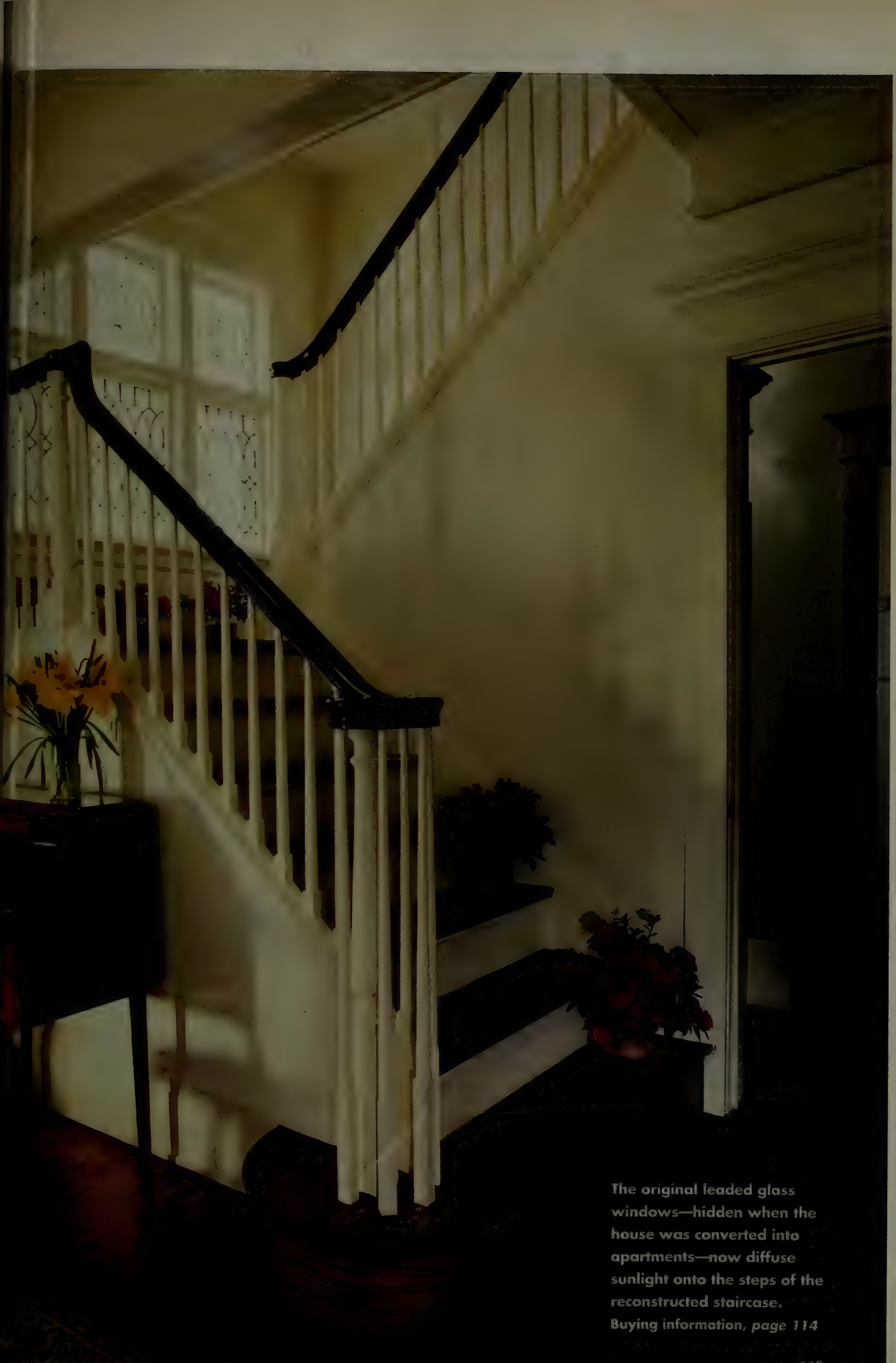
The Williamsons, Buffalo, New York.

Returning a grand old house to its former glory earned this couple top honors in the Home Improvement Contest Interior category. Glance at the handcrafted staircase that winds past a series of leaded glass windows and at the detailed woodwork and it's hard to imagine this elegant 1920s-era home looking any other way. But when Lynn and Peter Williamson bought the place, it had been dissected into two apartments and was in need of restoration. Despite the work needed, "We came to the conclusion that there was no way a builder could duplicate such an elegant, well-constructed home for anywhere near what we paid," Lynn says. Here's some of what the couple did:



- Removed the many walls that subdivided the original layout.
- Reconstructed the staircase.
- Painted the walls and woodwork in period colors.

PHOTOGRAPHS: JOHN KANE. PHOTO STYLING: PATRICIA POLLOCK



The original leaded glass windows—hidden when the house was converted into apartments—now diffuse sunlight onto the steps of the reconstructed staircase.
Buying information, *page 114*

Some Celery Adds To A Meal. Ours Makes It.

With our Cream of Celery Soup, you've got it made. So versatile, it will help you make everything from pasta to chicken to beef.



Cheddary Pasta & Vegetables

Prep Time: 10 min. Cook Time: 20 min.

- 1 1/2 cups dry corkscrew macaroni
- 2 medium carrots, sliced
- 1 cup broccoli flowerets
- 1 large sweet red or green pepper, chopped (optional)
- 1 can (10 3/4 oz.) Campbell's® Cream of Celery Soup
- 1/2 cup shredded Cheddar cheese
- 1/2 cup milk
- 1 tbsp. prepared mustard

1. In 4-qt. saucepan, prepare macaroni according to package directions. Add carrots, broccoli and pepper for last 5 min. of cooking time. Drain.
2. In saucepan, combine remaining ingredients. Over low heat, heat until cheese melts, stirring often. Add macaroni and vegetables. Heat through, stirring occasionally. Serves 5.



Campbell's.

Never Underestimate The Power Of Soup.

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SHOPPING

Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below. Some privately owned or custom-made items have been omitted from the product listing.



HOME IMPROVEMENT

Pages 104-105: ceiling fan, "Stratos"—Ron Rezek Lighting, 5522 Venice Blvd., Los Angeles, CA 90046. **Carpet,** "Kahaddar"—Masland Carpets, Inc., P.O. Box 11467, Mobile, AL 36671; 800/633-0468. **Table, chair, and folding screen**—MPLA Assoc., 444 S. Cedros, Studio 170, Solana Beach, CA 92075. **Bed linens,** "Royal Sateen"—Kitan, available from Strouds, 780 S. Nogales, City of Industry, CA 91748. **Skylights**—Velux-America, Inc., P.O. Box 5001, Greenwood, SC 29648-5001; 800/283-2831. **Framed art**—Susan Street Fine Art Gallery, 444 S. Cedros Ave., Studio 100, Solana Beach, CA 92075. **Japanese horse on upper ledge**—Peck and Peck, 444 S. Cedros Ave., Solana Beach, CA 92075.

Pages 106-107 ***(bottom left):*** **sectional sofa, coffee table, breakfast table and chairs, barstools**—MPLA Assoc. (address above). **Sconce lighting,** "Nelly"—Leucos, available from Highlights Lighting, 301 Fourth Ave., San Diego, CA 92101. **Pendent lighting above snack bar and breakfast table,** "Frisbi"—Flos, Inc., 200 McKay Rd., Huntington Station, NY 11746. **Accessories on tabletops and bar**—Tchotchkes, 3821 Fourth Ave., San Diego, CA 92103. **Framed art**—Susan Street Fine Art Gallery (address above). ***(Top left):*** windows—Pella Windows & Doors, 102 Main St., Pella, IA 50219. **Sconce lighting**—Solzi Luce, available from Highlights Lighting (address above). ***(Right):*** **windows**—Pella Windows & Doors (address above).

Pages 108-109: windows—Anderson Corp., P.O. Box 12, Bayport, MN 55003.

Pages 112-113: replacement windows—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763. **Paint,** "Meditation"—Pratt & Lambert, Inc., 75 Tonawanda St., P.O. Box 22, Buffalo, NY 14240

ANTIQUE ROSES

Pages 23-30: roses—Roses of Yesterday an Today, 802 Brown's Valley Rd., Watsonville, C 95076; Wayside Gardens, Hodges, SC 2969 0001; The Antique Rose Emporium, Rte. 5, Bo 143, Brenham, TX 77833; Bayfields Roses, P.O Box R, Waldoboro, ME 04572.

DECORATING BY HEART

Page 118: lamp, "Tizio"—Artemide, Inc., 198 New Highway, Farmingdale, NY 11735. **Corbusier chairs**—Atelier International, Ltd., 59 Madison Ave., New York, NY 10022. **Toy car**—Big People's Toys, Old firehouse, 110 Alaska Way, S, Seattle, WA 98104. **Quilt**—Undercove Quilts, 1411 First, Seattle, WA 98101.

Page 119: wall covering—The Home Boo Marimekko, 37 W. 57th St., NY 10019.

Page 120: bed—Aging Fancies, 30 NE 65th St., Seattle, WA 98105. **Armoire**—Bi People's Toys (address above). **Water can**—Andrews & Arnold, 86 Pine, Seattle, WA 98101

Page 121: iron bed—Aging Fancies, 308 N 65th St., Seattle, WA 98105. **Window blinds**—Lorentzen, Inc., 1 Upper Pond Rd., Parsippan NJ 07054. **Blanket**—Egberts, 2231 First St Seattle, WA 98121.

DOUBLE-DUTY DINING

Page 123: all furniture—Thomasville's Countr Inns & Back Roads Collection & Thomasvill Upholstery, P.O. Box 339, Thomasville, N 27360; 800/225-2065.

Pages 124-125: sofa, ottoman, arm chair—Thomasville's Country Inns & Back Roac Collection & Thomasville Upholstery (addres above). **Window blinds**—Joanna, A Division CHF Industries, 8701 Red Oak Blvd., Charlott NC 28217. **Table lamp**—Lite Source, 16 University Pkwy., Pamona, CA 91768. **Checke fabric,** "MacCheck"—Waverly, 79 Madiso Ave., New York, NY 10016. **Popcorn bowl**—Porta, 225 Fifth Ave., New York, NY 1001(212/685-4241.

PRIZE TESTED RECIPES®

Page 173 ***(right):*** **plate,** "Speedway"—Rosenth USA Ltd., 66-26 Metropolitan Ave., Middl Village, NY 11379.

Page 174 ***(right):*** **plate,** "Dark Aqua"—Nanc Calhoun, Inc., P.O. Box 9847, Brea, CA 9262 ***(Left):*** **plate,** "Elements"—Sasaki, 41 Madiso Ave., New York, NY 10010.

Architects & Designers

HOME IMPROVEMENT

Pages 104-107: Architects—Julie and Pete Urbon, Urbon Architecture and Planning, 488 Atlanta Dr., San Diego, CA 92115.

Page 110-111: pool design, contractor, an landscape design—James Willis, Accent Pool 229 E. College St., Griffin, GA 30223 404/659-0465.

©1994 Campbell Soup Company

Usually It's A Meat Loaf. Occasionally It's A Pork Chop.



Souper Meat Loaf

Prep Time: 10 min. Cook Time: 1hr. 20 min.

- 1 can (10 3/4 oz.) Campbell's® Cream of Mushroom Soup
- 1 pouch Campbell's® Onion Soup and Recipe Mix
- 2 lb. ground beef
- 1/2 cup dry bread crumbs
- 1 egg, beaten
- 1/4 cup water

1. Mix thoroughly 1/2 cup mushroom soup, onion soup mix, beef, crumbs and egg. In 2-qt. oblong baking dish, firmly shape into 8 x 4" loaf.
2. Bake at 350°F. 1 1/4 hr. or until done. Spoon off fat; reserve 1 to 2 tbsp. drippings.
3. In 1-qt. saucepan, combine remaining mushroom soup, water and reserved drippings. Over low heat, heat through, stirring occasionally. Serves 8.

Serving Suggestion: Pictured with carrots, sliced new potatoes and parsley.



Savory Pork & Vegetables

Prep Time: 10 min. Cook Time: 30 min.

- 2 tbsp. margarine
- 4 boneless pork chops, 3/4" thick
- 1 1/2 cups sliced mushrooms
- 1/2 tsp. dried rosemary leaves, crushed
- 1 can (10 3/4 oz.) Campbell's® Cream of Mushroom Soup
- 2 tbsp. water
- 1/2 lb. fresh green beans, cut into 2" pieces*

1. In skillet, in 1 tbsp. hot margarine, cook chops 10 min. or until browned on both sides. Remove.
2. In remaining 1 tbsp. hot margarine, cook mushrooms with rosemary until tender and liquid is evaporated, stirring often.
3. Add soup, water and green beans. Heat to boiling. Return chops to skillet. Cover; cook over low heat 10 min. or until chops are no longer pink and green beans are tender, stirring occasionally. Serve with hot cooked fettuccine. Serves 4.

*If desired, substitute 1 pkg. (9 oz.) frozen cut green beans.



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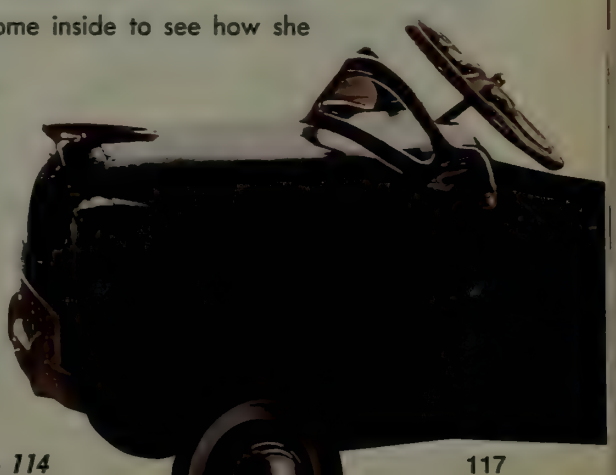


How to get personal with your rooms

Decorating by heart



It took 500 hundred pounds of movers' muscle and a freight elevator to move Barbie Rostad's furniture into her plain white box of a Seattle apartment. But once the crates were inside, all it took was her lighthearted touch to turn the chaos of cartons into home sweet home. Come inside to see how she changed a featureless set of rooms into a personal sanctuary that revives her workday spirits when she comes home. She'll show you ideas for putting heart in your home and for daring to trust your own decorating instincts.

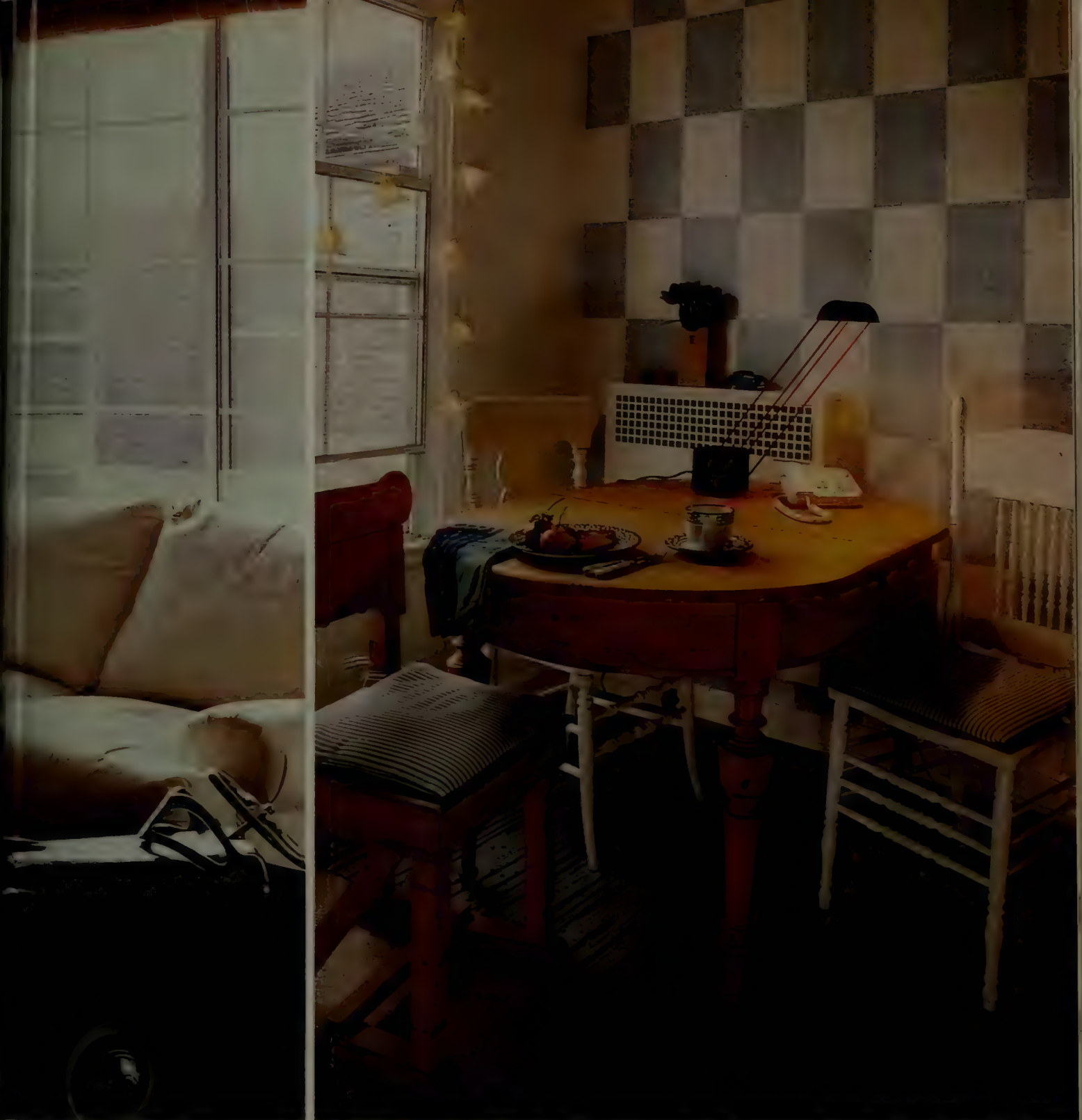


by Rebecca Jerdee

Buying information, *page 114*



The crisp, white-envelope walls of Barbie's airy nest create a cozy yet open space for her art of livi simply. They also offer a light-filled backdrop for showing off her treasure furniture collection. **Use furniture as architecture,** she advises, when your wa have little character to offer. Her forever-favorite canvas chairs and a Finnish brid bed, exemplifying her **"blend modern with antique"** tenet, are the "goo bones" upon which her living room is built. **"Live well with less,"** another Rosto motto, pays off in two ways: One, pared possessions create the luxury of wid open spaces. Two, when you have less, you can invest in better, more interestin





furnishings. In the kitchen, Barbie's quirky collection of table and chairs proves that **mismatched pieces work together** if they share the same finish and attitude. Showcasing the collection, her large-scale checkerboard wall says **big is beautiful** in a small place. "The day I hung the kitchen wall covering was fun and easy. Hanging paper was something I'd never done before, and the finished wall made my new house feel like home." For giving her room the final flourishes, she likes to **use a light touch.** Votives on the counter create magic, and a carefree string of lights gives her window special treatment.

DECORATING BY HEART

Possessing boundless energy for tracking down great furniture finds, Barbie suggests a cache of saved-up cash in case you cross the perfect piece. Her advice: **Be the first at an estate sale,** bargain for best buys, make trades with friends. Her guest bedroom (*below*) evolved slowly, precious bargains accumulating over time. One trade, the three-legged bedside table, meant one of Barbie's pieces moved to the home of a friend. The exchange of furniture illustrates her Spartan rule: **When a new piece of furniture moves in, move another out.**

Rooms that say, "I'm glad you're here, I've created a place for you," require a thoughtful heart. In her guest bedroom, she treats the windows lightly with simple and inexpensive roll-up shades, drawing the sun inside. A yellow quilt, pooled on the guest bed, gathers sunbeams to radiate a warm, personal welcome. For Barbie, the room is her creative canvas, a painting in three dimensions that she rearranges to her heart's content.





To personalize plain rooms, put yourself in the picture. In her inviting bedrooms, Barbie displays objects of her affections: deep, comforting beds, welcoming quilts, and grown-up toys.

Buy yourself decorating toys, she suggests. Bringing home old metal cars, trucks, and bicycles, she believes that if you truly love a piece, it will work well in your decorating scheme. Of her own bedroom (*above*) Barbie says, "I loved the dramatic lines of this Victorian bed so I borrowed and begged and did layaway to get it." By angling the bed in the room, she created a soft and romantic look. **"Include mementos, souvenirs,"** she says. The bedside chair, purchased from friends, is "a remembrance of them that makes the room more special."

Barbie's personal economy comes from the heart, too. "Learning to live in smaller spaces is important these days," she says. One way to **respect the environment,** she believes, is "by loving old things and recycling them."

BEEFIER

BEEF



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Double-duty dining rooms

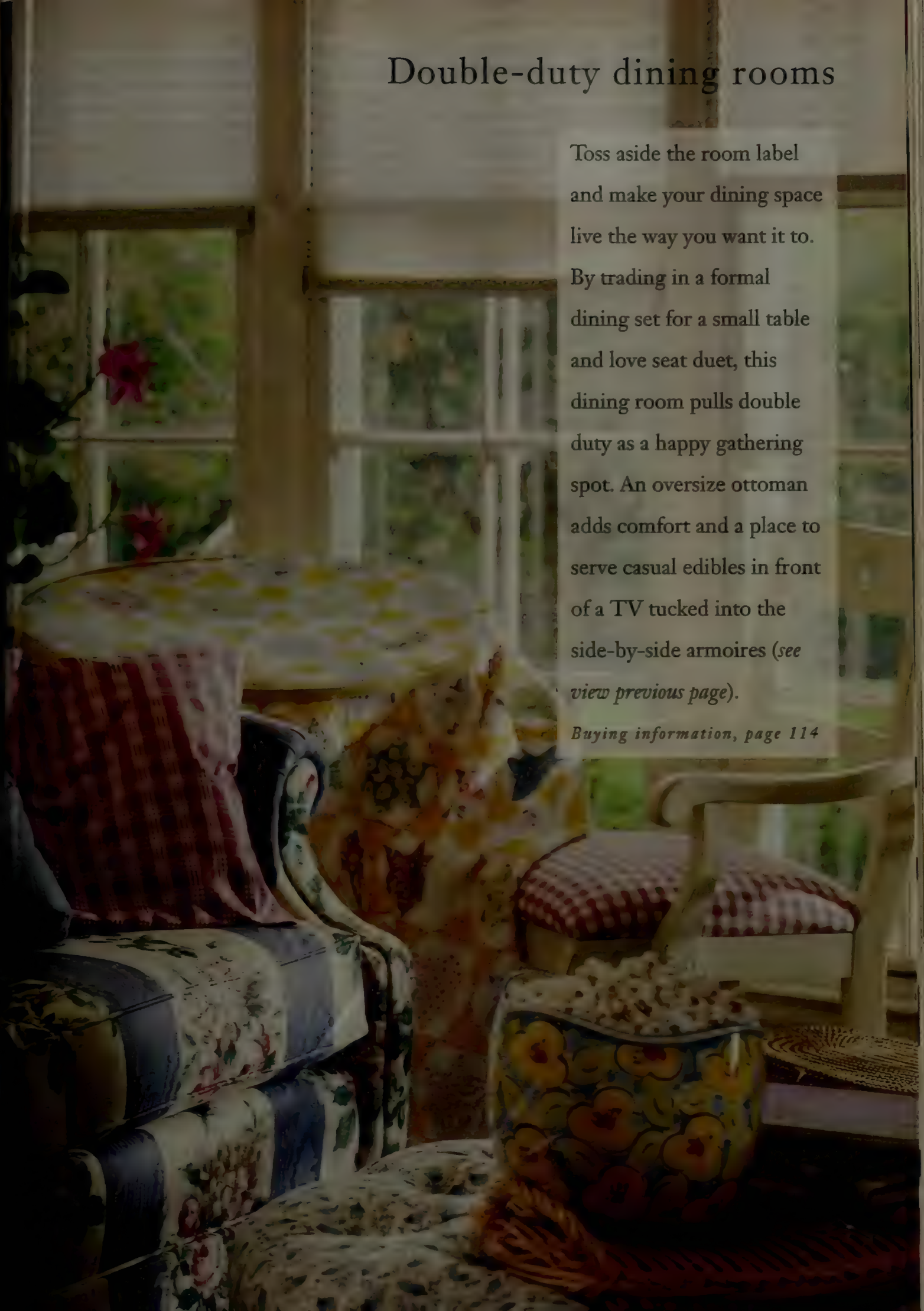
If your dining room is reserved just for meals, and formal ones at that, it's probably not getting much business these days. Families simply aren't conducting themselves as officially as in the past, so dining rooms that follow old rules can suddenly become, well, stale. Turn the page for a new menu of room arrangements that offer fresh ideas for putting your dining room to work between meals too.



For more tips on rethinking your dining room, send $7.95 (check or money order) for the Dining Room Designs video to: Thomasville Furniture, Dept. 284B, Thomasville, NC 27360; or, call 800/225-0265.



Double-duty dining rooms



Toss aside the room label and make your dining space live the way you want it to. By trading in a formal dining set for a small table and love seat duet, this dining room pulls double duty as a happy gathering spot. An oversize ottoman adds comfort and a place to serve casual edibles in front of a TV tucked into the side-by-side armoires (*see view previous page*).

Buying information, page 114

Double-duty dining rooms



GATHERING A FAMILY PLACE

In this 13×16 dining spot turned great-room, a love seat and table placed crosswise divide eating and sitting areas. Ample armchairs go where they're told for meals or hobbies. Without gobbling much floor space; tall armoires hold everything from games to linens.



LINING UP A LIBRARY

In the same 13×16 room, three bookcases replace the usual china cabinet and add instant architecture and warmth. A flexible pedestal table steps to the side when used for intimate meals or paying bills. Leaves expand the table when guests arrive. Then, the armchairs waiting in the wings move in to serve as captain's chairs.



WORKING IN A HOME OFFICE

The same room pulls double duty as an office with equally flexible furniture and an off-center arrangeme Instead of placing the dining table center stage, snug i against the wall to buy space for "conference" chairs a armoires that beautifully hide files or electronics. Sma side tables shuttle around as needed for serving.

Lipstick-Stained S&S Mills Carpet And Young Benjamin Come Clean.

Kathryn Siragusa worried when she found her two-year old son covered with lipstick. Her two-week old light blue S&S Mills carpet was smeared with the same red shade.

"Benjamin was up sick in the night and the two of us fell asleep on our living room couch. When I woke up, Benjamin was already awake. He had red all over him that looked like blood at first. Then I realized it was lipstick and he had colored all over the carpet." Kathryn called our S&S Mills toll-free number and we told her how to get the lipstick out. "I was amazed. It cleaned right up," recalls Kathryn.

How did the Siragusa's choose S&S Mills carpet in the first place?

"We saw the 800 number in an ad, called, and told the customer service representative what style and color we were interested in. They sent a great selection of samples absolutely free and we chose from them."

And how was our price?

"Comparable carpet here was going for 24^{99} a square yard, and we got S&S Mills carpet for less than half that price. Even with installation and shipping, it was such a low price to begin with, we still paid far less than what we would have paid in town."

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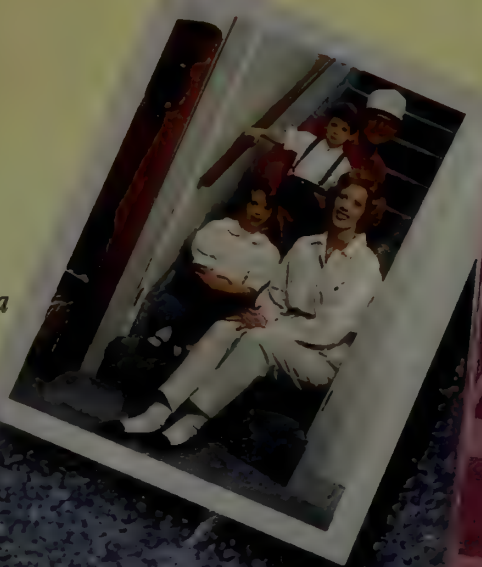
Call us toll-free and we'll send you our free six minute video that explains how easy it is to save 50% buying top-quality carpet direct from S&S Mills.

And just in case you have an active toddler, take it from Kathryn Siragusa: "Our S&S Mills carpet cleans up ten times better than any carpet we had previously bought in town."

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Kathryn & Michael Siragusa with daughter Jackie and son Benjamin



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Selecting Art



Splash life into a cold or bare room with a work of art by a local artist. Here's how and where to find something you can love and afford.

Where to go. Get to know local galleries and their staffs, attend gallery openings, and ask to be put on the mailing list. In some cities, artists regularly open their studios to the public, usually in the spring and fall. You'll learn more about the artist and his or her work, plus you can purchase art at exceptional prices (because of no dealer markup). For other low-cost options, visit art fairs (where artists sell their own pieces) and student shows at schools and universities with fine-arts programs.

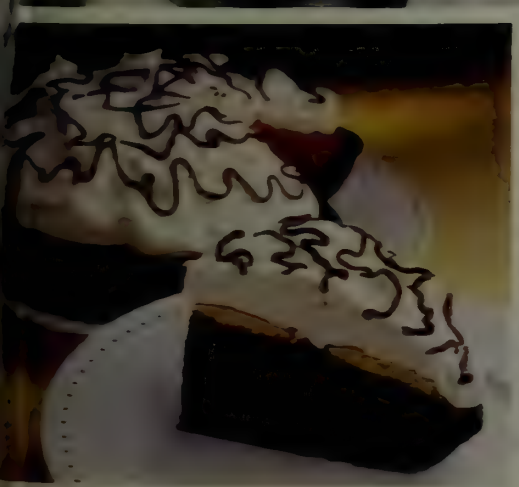
Price range. First, decide how much you can spend. Be sure to pick out works because you love them, not for investment, because artwork that costs less than $1,000 isn't likely to appreciate in value. Don't stick with a limited-edition print because it's "safest." Instead, check the number of the edition before you buy; anything over 300 can be considered a mass-produced object, far removed from the original. An edition under 100 is preferable. Pencil-signed posters priced from $300 to $400 also mislead shoppers: They aren't worth much more than unsigned versions. You'll find price ranges for established artists (whose works have been auctioned) published yearly in *The Official Price Guide to Fine Art*, by Susan Theran.

Style. The best advice is to venture beyond the criteria of size and color. Instead of looking for a pi with the same shade of blue as yo upholstery, look for art that co trasts with your room scheme a stands out. Expand your options considering less-obvious types art. A traditional portrait or lan scape puts a personal twist on modern interior, just as a mode graphic livens up a tradition scheme. To stir up a country roo display ethnic textiles instead of t expected patchwork quilt. Mo important, learn what you like viewing as much art as possible.

Consider the techniques th appeal to you most. Some peop love the simplicity of pen and i drawings while others prefer th rough texture of paper collage. Aft choosing a medium, learn about th process to better judge the quali of a work. Attend lectures and sem nars at a local museum to researc art styles and processes, or look f basic art books in your library. Th more homework you do, the better.

another JELL-O Brand Pudding pie recipe

If you make it once,
you'll make it a million times.



Chocolate Marshmallow Cookie Pie

2 cups KRAFT® Miniature Marshmallows
2 tablespoons milk
2½ cups thawed COOL WHIP® Whipped Topping*
2 cups cold milk
2 packages (4-serving size) JELL-O® Brand Chocolate Flavor Instant Pudding and Pie Filling*
1 KEEBLER® Ready-Crust® Chocolate Flavor Pie Crust (6 oz.)
14 vanilla wafer cookies

MICROWAVE marshmallows and 2 tablespoons milk in medium microwavable bowl on HIGH 45 seconds. Stir. (Marshmallows will be partially melted.) Refrigerate 15 minutes to cool. Stir in 1 cup of the whipped topping.

POUR 2 cups milk into large bowl. Add pudding mixes. Beat with wire whisk 2 minutes. Let stand 1 minute or until thickened. Stir in remaining 1½ cups of whipped topping. Spoon into crust. Arrange cookies over pudding mixture. Spread marshmallow mixture over cookies.

REFRIGERATE 4 hours or until set. Store leftover pie in refrigerator. Drizzle with chocolate topping just before serving, if desired. Makes 8 servings.

*Sugar Free JELL-O® Brand Instant Pudding and COOL WHIP Lite® Whipped Topping can be substituted in this recipe. Substitutions must be exact.





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Wrap it up right with Reynolds Wrap.



Our best recipes

This month you'll find:

Chocolate Hall of Fame
p.132

Winter Wonderful Suppers
p.141

Readers' Prizewinning Recipes
p.173

Chocolate

Rich, decadent, and nothing short of spectacular Hall of Famers. Express your romance with special valentines with an irresistible dose of chocolate.

Hall of Fame

chocolate-hazelnut cookie torte

Giant buttery cookies costar with silky chocolate mousse and berries in this showstopper dessert.

Recipe begins on page 148.

Hal derness



mocha java ice-cream bombe



You'll melt hearts with this chocolate and coffee ice-cream dream. Busy romantics can make it up to a month ahead.

ultimate nut and chocolate chip tart



Fashioned after an all-time favorite, pecan pie, this tart mixes several kinds of nuts and chocolate pieces in a caramel custard filling

Recipe begins on page 150.

white chocolate fantasy cake



Chocolate takes on a whole new meaning with this triple white chocolate and raspberry cake. One forkful and you'll be smitten.

Now presenting in the

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2. Shake on Village Saucerie.
3. Cover with foil and bake.

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3 Easy Steps



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Garlic & Herb
A tempting blend of garlic, sweet basil, oregano and other savory Italian herbs.

Country Homestyle
A light, creamy blend with a subtle flavor of onions, herbs and seasonings.

Southwest
A festive combination of tomatoes, onions, sweet bell peppers and zesty spices.





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In the spice aisle



22400-2572

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Woo true chocolate loyalists with valentine hearts of creamy chocolate pâté scented with orange.

Recipes begin on page 156.



Creamy Cherry Cheese Pie in just 15 minutes...

It's as easy as Eagle® Brand

Eagle® Brand Cherry Cheese Pie

(Prep Time: 15 Minutes)

Count on Eagle Brand Sweetened Condensed Milk for cherry cheese pie that's simply irresistible. Because Eagle Brand classic desserts are always quick, easy and absolutely delicious.

- 1 (9-in.) graham cracker crumb crust or baked pastry shell
- 1 (8-oz.) package cream cheese, softened
- 1 (14-oz.) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- 1/3 cup ReaLemon® Lemon Juice from Concentrate
- 1 teaspoon vanilla extract
- 1 (21-oz.) can cherry pie filling, chilled

In large mixer bowl, beat cheese until fluffy. Gradually beat in Eagle Brand until smooth. Stir in ReaLemon® brand and vanilla. Pour into prepared crust. Chill 3 hours or until set. Top with cherry pie filling before serving. Refrigerate leftovers. (Makes one 9-inch pie.)

...ther classic Eagle® Brand dessert

BORDEN



“牛肉 晚餐最佳選擇”

Which certainly says a mouthful. After all, a nice beef dinner sounds like a real good idea in any language. And just because your busy day leaves little time to cook, doesn't mean that you and your family have to settle for anything less.

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SZECHWAN BEEF STIR FRY – 30 MINUTES

- 1-lb beef flank steak
- 2 Tbsp reduced-sodium soy sauce
- 4 tsp Oriental dark roasted sesame oil, divided
- 1½ tsp sugar
- 1 tsp cornstarch
- 2 cloves garlic, crushed
- 1 Tbsp minced fresh ginger
- ¼ tsp crushed red pepper pods
- 1 small red bell pepper, cut into 1-inch pieces
- 1 package (8 oz) frozen baby corn, defrosted
- ¼ lb pea pods, julienned

Cut beef steak lengthwise into 2 strips; slice across the grain into ⅛-inch thick strips. Combine soy sauce, 2 tsp oil, sugar and cornstarch; stir into strips. Heat remaining 2 tsp oil in large skillet over medium-high heat. Add garlic, ginger and pepper pods; cook 30 seconds. Add bell pepper and corn; stir-fry 1½ minutes. Add pea pods; stir-fry 30 seconds. Remove vegetables from the skillet; reserve. Stir-fry beef strips (half at a time) 2 to 3 minutes. Return vegetables and beef to skillet and heat through. Four servings. (Serving suggestion: Hot cooked white rice.)

Armed, for ins
with this simple re
a few ingredients a
single wok or fryin
you can put togeth
delicious dinner as
as 壹...貳...叁.

BEEF

IT'S WHAT'S FOR D

winter wonderful suppers



Deep-Dish Steak and Vegetable Pie

Under a flaky, whole wheat crust, discover tender strips of beef sirloin and winter vegetables in creamy gravy.

Recipe begins on page 162.

by Lisa Holderness

Come in from the blustery days of winter and cozy up to a hearty, soul-soothing dinner. Choose from chunky chowders and stews, simmering one-pot dinners, and oven-baked dishes—each guaranteed to satisfy.



winter

wonderful suppers

Country-Style Cassoulet

Rich with tradition, this classic French peasant dish offers a robust blend of beans, meats, poultry, and vegetables in every bowl.

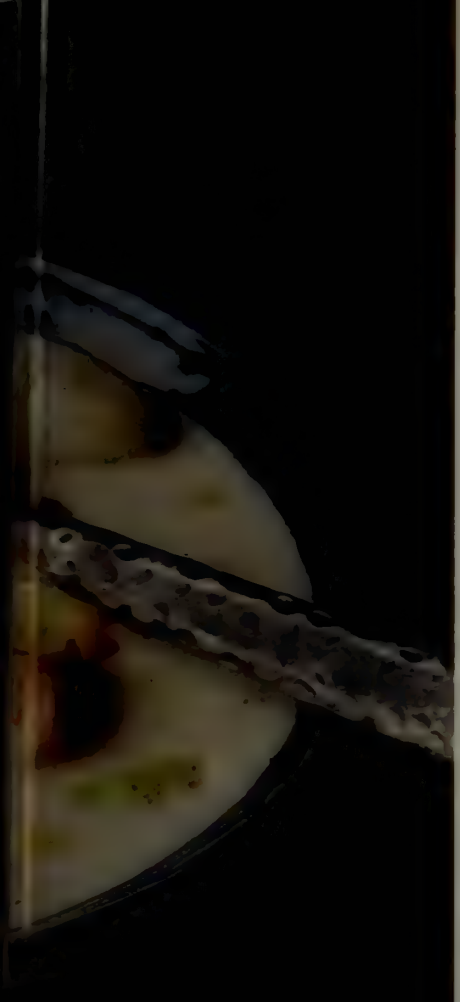


Roasted Rosemary Chicken with Garlic Mashed Potatoes

Update Grandma's oven-baked chicken with a side of roasted, Italian-style vegetables and skin-on mashed potatoes with gravy.

Recipes begin on page 162.





winter

wonderful suppers

Seafood-Fennel Chowder

Warm up your family any night of the week with this quick-cooking soup, full to the brim with succulent salmon, shrimp, and scallops.



Kielbasa and Kraut

Savor a festival of German flavors—from sausage to apples, beer, bacon, and mustard—in this casual, one-dish dinner.

Lamb and Squash Stew

Let the irresistible aroma of slow-simmering stew lure diners to the dinner table. If time allows, stir together a batch of Buttermilk-Chive Biscuits to serve on the side.

Recipes begin on page 167.

the clever cook

Each month in this column you'll find nifty kitchen tips from good cooks. Give the tips a try to make your cooking easier and more fun.

BAKER'S SECRET

The two kitchen items I rely on to make baking easier and faster are my two heavy-duty ice cream scoops. The no. 20 (¼ cup) is perfect for muffins and cupcakes; just scoop up the batter and plop it into the paper cups. It's also good for scooping shortening and pancake batter and making meatballs. The no. 40 (2 Tbsp.) is great for making cookies that are all the same size.

Robin Zelonis, *Londonderry, N.H.*

NO GREASE STAINS

To keep your cookbook or magazine free of spills and spatters, slip it into a gallon-size clear plastic bag before you start cooking.

Joyce Rinehart, *Richland, Wash.*

CRISSCROSS COOKIES

When making peanut butter cookies, use a meat tenderizer mallet instead of a fork to quickly make the crisscross design on the cookie dough.

Melissa Turansky (age 9), *Lawrenceville, N.J.*

SPRITZ TIP

Keep a spray bottle filled with water and a little lemon juice in the refrigerator. Whenever you set out a tray of cut-up fresh fruits, spray the fruit with the lemon water to prevent discoloring.

Patti Castillo, *Oceanside, Calif.*

ARE YOU A CLEVER COOK?

The editors of *Better Homes and Gardens®* magazine invite you to send us your niftiest kitchen tips. We will pay $25 for each tip we publish. Please send your tips to: The Clever Cook, BH&G Food Dept., 1716 Locust Street, Des Moines, IA 50309-3023.

MORE BRANS



Corn Wheat

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nutrition information

EVERY RECIPE ANALYZED

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrate, fiber, and protein will help you keep tabs on what you eat.

You can also check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Value. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

WHAT YOU NEED

Use our analyses to chart the nutrition value of the foods you eat. The dietary guidelines at right suggest the levels of nutrients that moderately active adults should strive for each day.

Calories: about 2,000
Total fat: less than 65 grams
Saturated fat: less than 20 grams
Cholesterol: less than 300 milligrams
Carbohydrate: about 300 grams
Sodium: less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

There's no real harm in going over or under these guidelines in any single day, but aim for a balanced diet over time.

HOW WE ANALYZE

We omit optional ingredients from the analysis.

When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed for the analysis.

GREAT TASTE.

+ Rice =



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For additional easy everyday meals, write to The Reynolds Wrap Kitchens, P.O. Box 1592, Dept A-211, Church Hill, MD 21690

Chill two medium mixing bowls and the beaters o an electric mixer.

Place hazelnuts or almonds on a baking sheet in a single layer. Toast in a 350° oven for 8 to 10 minutes watching carefully and stirring so they don't burn Cool. In a food processor bowl* (see blender note page 150), cover and process toasted nuts and the ¾ cup sugar till nuts are finely ground (do not over-process). Add flour, butter, and salt. Process till combined. Add egg yolk. Process till thoroughly combined. Divide dough into four equal balls. Cover and chill two balls till needed.

Grease and lightly flour two baking sheets; place each sheet on a towel to prevent slipping while rolling dough. On each baking sheet, draw an 8-inch round with your finger using an 8-inch cake pan as a guide. On one of the prepared baking sheets, roll one portion of the dough to fit the circle, trimming edges of dough with a knife to make an even circle. Repeat with another portion of dough on the second baking sheet. Score one dough round into 8 to 12 wedges, keeping circle intact. Sprinkle both rounds with sugar.

Bake the dough rounds in a 375° oven for 10 to 12 minutes or till browned around the edges. Cool the cookies on baking sheets for 5 minutes. Cut the warm, scored cookie into wedges. Carefully transfer cookie

Chocolate Recipes

continued from page 138

CHOCOLATE-HAZELNUT COOKIE TORTE

To save time, bake the large cookies and wedges up to a month ahead; place them in a freezer container and freeze. Thaw before using. Or, store the cookies and wedges, covered, for up to 2 days at room temperature.

- 2 cups shelled whole hazelnuts or almonds
- ¾ cup sugar
- 1 cup all-purpose flour
- ¼ cup butter, cut in pieces
- ½ tsp. salt
- 1 egg yolk

Sugar

- 1 cup whipping cream
- 1 Tbsp. sugar
- 1 tsp. vanilla
- 1 recipe Chocolate Mousse (see recipe, page 150)
- 2 cups sliced strawberries
- 2 to 3 oz. semisweet chocolate, chopped
- 1 tsp. shortening

Whole strawberries (optional)

Take It Easy Monday

Chicken 'N Gravy

Preparation Time: 14 minutes Cooking Time: 45 minu

- 1 Reynolds Oven Bag, large size (14" x 20")
- 2 tablespoons flour
- 1 pkg. (3/4 to 1 oz.) chicken gravy mix
- 1/4 teaspoon garlic powder
- 1-1/2 cups water
- 6 skinless chicken
- Seasoned salt &
- 4 medium carrots,
- 2 stalks celery; slice

•**PREHEAT** oven to 350° F.
•**SHAKE** flour in Reynolds Oven Bag; place in 13x9x2-inch bakin
•**ADD** gravy mix, garlic powder and water. Squeeze bag to blend ents. Sprinkle chicken with seasoned salt and pepper; place in b Place carrots and celery in bag around chicken.
•**CLOSE** bag with nylon tie; cut six 1/2" slits in top.
•**BAKE** until chicken is tender, 45 to 50 minutes. Makes: 4 servin





Sunshine Barbecue Chicken

Preparation Time: 6 minutes Cooking Time: 45 minutes

molds Oven Bag,
e size (14" x 20")
espoons flour
1 cup barbecue sauce
1/4 cup orange juice
8 skinless chicken pieces

HEAT oven to 350° F.
KE flour in Reynolds Oven Bag; place in 13x9x2-inch baking pan.
barbecue sauce and orange juice to bag. Squeeze bag to blend
dients. Add chicken to bag. Turn bag to coat chicken with sauce.
nge chicken in an even layer.
SE bag with nylon tie; cut six 1/2" slits in top.
E until chicken is tender, 45 to 50 minutes. To serve, stir sauce;
n over chicken. Makes: 4 servings.

Make It Easy Wednesday

Use one of the chilled mixing bowls to prepare Chocolate Mousse; chill (for no more than 2 hours). In another chilled mixing bowl, beat whipping cream, the 1 tablespoon sugar, and vanilla on medium speed just till stiff peaks form. Spoon whipped cream into a pastry bag fitted with a large star tip.

To assemble torte, place a whole cookie on a serving platter. Spread with *half* of the Chocolate Mousse and top with *half* of the sliced strawberries. Place another cookie atop. Repeat with remaining Chocolate Mousse and sliced strawberries. Top with remaining whole cookie.

Pipe large dollops of the sweetened whipped cream atop torte, covering the whole top. Cover and chill about 2 hours to soften the cookies.

Just before serving, place the chocolate (use the 3 ounces if also dipping berries) and shortening in a heavy small saucepan over low heat, stirring constantly till it is partially melted. Immediately remove from the heat and stir till smooth. Dip one long side of each cookie wedge into melted chocolate mixture (see photo, below left). Set aside on waxed paper till chocolate is set. If desired, dip whole strawberries in remaining melted chocolate. (If your saucepan is not small, you may need additional chocolate to dip.)

continued on page 150



Brush off any loose cookie crumbs before dipping the cookie wedge into the warm chocolate.

and wedges to a wire rack; cool completely. Allow baking sheets to cool completely. Grease and flour baking sheets again. Repeat shaping and baking the remaining two portions of dough except do not score either portion.

(To make ahead, layer the cookies, with waxed paper between each, in a covered storage container. Keep the cookies at room temperature for 2 days or freeze for up to 1 month. If frozen, thaw the cookies before using.)

Oh, So Easy Thursday

Saucy Beef Over Rice

Preparation Time: 12 minutes Cooking Time: 40 minutes

1 Reynolds Oven Bag, large size (14" x 20")
2 tablespoons flour
1 can (14-1/2 oz.) stewed tomatoes,
1 envelope onion soup mix
1/2 cup water
1/4 teaspoon pepper
1 pound beef sirloin steak, cut in thin strips
2 cups hot cooked rice

•**PREHEAT** oven to 350° F.
•**SHAKE** flour in Reynolds Oven Bag; place in 13x9x2-inch baking pan.
•**ADD** undrained tomatoes, soup mix, water and pepper to bag. Squeeze bag to blend ingredients. Add beef strips to bag. Turn bag to coat beef with sauce. Arrange ingredients in an even layer.
•**CLOSE** bag with nylon tie; cut six 1/2" slits in top.
•**BAKE** until beef is tender, 40 to 45 minutes.
Serve over hot rice. Makes: 4 servings.





Chocolate Recipes

continued from page 149

Arrange chocolate-dipped cookie wedges atop the sweetened whipped cream, placing chocolate-dipped edges up and tilting slightly in a pinwheel pattern. Pipe a large star of whipped cream in the center where the cookie wedges meet. If using chocolate-dipped strawberries, place between wedges and on top of the whipped cream star in the center. Serve immediately. With a serrated knife, cut into wedges. Makes 12 servings.

**Blender method:* In a blender container place half of the nuts. Cover and blend till finely ground. Transfer nuts to a mixing bowl; repeat with remaining nuts. In a mixing bowl beat butter and sugar till combined. Beat in egg yolk. Beat in ground nuts and half of the flour. Beat or stir in remaining flour. Continue as directed.

Chocolate Mousse: In a chilled mixing bowl combine ¼ cup sugar and 3 tablespoons unsweetened cocoa powder. Add 1½ cups whipping cream. Beat with the chilled beaters of an electric mixer on medium speed just till stiff peaks form. Chill till needed. Makes 3 cups.

Nutrition facts per serving: 536 cal., 45 g total fat (21 g sat. fat), 117 mg chol., 226 mg sodium, 34 g carbo., 3 g fiber, 6 g pro. Daily Value: 35% vit. A, 24% vit. C, 7% calcium, and 10% iron.

MOCHA JAVA ICE-CREAM BOMBE

Look for ladyfingers in the cookie aisle or refrigerator case in your local grocery store. Or, try a bakery or an Italian foods shop. Brushing them with the coffee mixture adds a richer flavor and a soft caramel color.

- ¼ cup hot strong coffee (optional)
- 1 Tbsp. coffee liqueur (optional)
- 1 tsp. sugar (optional)
- 18 to 20 ladyfingers, split in half horizontally
- 1 8-oz. pkg. cream cheese, softened
- ¼ cup sugar
- 1 tsp. vanilla
- 1½ cups vanilla ice cream
- ½ cup miniature semisweet chocolate pieces
- 1 pint coffee ice cream
- 1 recipe Coffee-Hot Fudge Sauce or 1½ cups fudge ice-cream topping (optional)

Chill two small mixing bowls. Line a 5-cup round-bottomed bowl or mold with plastic wrap, letting the edges of the wrap hang over the sides of the bowl or mold.



Use a flexible metal spatula or spoon to spread the cream cheese mixture over the ladyfingers in the bowl.

If desired, in a shallow bowl combine the hot coffee, coffee liqueur, and the 1 teaspoon sugar; stir to dissolve sugar. Brush rounded sides of ladyfingers with the coffee mixture.

Line the bottom and sides of the bowl or mold with ladyfingers, placing the rounded side outward. Fill any gaps with ladyfinger trimmings so that the lining is solid. Drizzle with any remaining coffee mixture, if using. Reserve remaining ladyfingers. Cover and chill the lined bowl or mold till needed.

In a medium mixing bowl beat cream cheese, the ¼ cup sugar, and vanilla with an electric mixer on medium speed till fluffy; set aside.

In a chilled mixing bowl, stir vanilla ice cream, pressing it against the side of the bowl with a spoon, just till softened (do not let the ice cream get too soft).

Immediately fold the softened vanilla ice cream and chocolat pieces into the cream cheese mix ture; cover and freeze for 3 to hours or till stiff, stirring mixtur occasionally so chips don't sink Spread cream cheese mixture ove the ladyfingers in the bowl or mold spreading up the sides, to make lining (see photo, left). Cover wit heavy foil and freeze for 2 to hours or till firm.

Soften coffee ice cream as direct ed for the vanilla ice cream. Spoo atop the cream cheese mixture spreading smoothly. Cover surface of the bombe completely with th remaining ladyfingers. Fold excess plastic wrap over the surface. Cove tightly with heavy foil. Freeze til firm or for up to 1 month.

To serve, remove foil and inver bombe onto a serving platter remove bowl or mold and plastic wrap. Let stand at room tempera ture for 20 to 30 minutes to soften slightly before cutting.

Meanwhile, in a small saucepan heat and stir the Coffee-Hot Fudge Sauce or fudge ice-cream topping. Cut the bombe into wedges and transfer to dessert plates. Drizzle each wedge with some of the sauce, if desired; pass any remaining sauce. Makes 8 to 10 servings.

Nutrition facts per serving without sauce: 322 cal., 20 g total fat (10 g sat. fat), 83 mg chol., 162 mg sodium, 34 g carbo., 0 g fiber, 6 g pro. Daily Value: 18% vit. A, 0% vit. C, 8% calcium, 5% iron.

COFFEE-HOT FUDGE SAUCE

Serve with the Mocha Java Ice-Cream Bombe, then enjoy any leftovers spooned over plain ice cream.

- ¼ cup miniature semisweet chocolate pieces
- ¼ cup butter
- ⅓ cup sugar
- 4 tsp. instant coffee crystals
- 1 5-oz. can evaporated milk

Place the chocolate and butter in a small heavy saucepan over very

continued on page 152


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With
Beans
GREAT CHILI TASTE.
98% FAT FREE.
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Nothing Beats A Bowl Of Hormel® Chili.
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Foods

Chocolate Recipes

continued from page 150

low heat, stirring constantly till smooth. Add the sugar and coffee crystals. Gradually stir in the evaporated milk. Bring to boiling; reduce heat. Boil gently over low heat for 8 minutes, stirring frequently. Remove from heat. Makes 1½ cups.

Nutrition facts per tablespoon: 71 cal., 3 g fat (1 g sat. fat), 7 mg chol., 29 mg sodium, 10 g carbo., 0 g fiber. Daily Value: 2% vit. A, 0% vit. C, 2% calcium, 0% iron.

ULTIMATE NUT AND CHOCOLATE CHIP TART

With a scoop of ice cream, it's heaven.

- 1 recipe Pastry for Single-Crust Tart (see recipe, opposite page) or ½ of a 15-oz. pkg. folded refrigerated unbaked piecrust (1 crust)
- 3 eggs
- 1 cup light corn syrup
- ½ cup packed brown sugar
- ⅓ cup butter, melted and cooled
- 1 tsp. vanilla
- 1 cup coarsely chopped salted mixed nuts
- ½ cup miniature semisweet chocolate pieces
- ⅓ cup miniature semisweet chocolate pieces
- 1 Tbsp. shortening
- Vanilla ice cream (optional)

Prepare Pastry for Single-Crust Tart, if using. On a lightly floured surface, flatten dough with your hands. Roll pastry from the center to the edge, forming a circle about 12 inches in diameter. For refrigerated piecrust, let pastry sit at room temperature according to package directions.

Ease pastry into an 11-inch tart pan with removable bottom. Trim pastry even with the rim of the pa *Do not prick pastry.*

For filling, in a large mixing bo beat eggs slightly with a rotary bea er or a fork. Stir in the corn syru Add the brown sugar, butter, ar vanilla, stirring till sugar is di solved. Stir in the nuts and the cup chocolate pieces.

Place the pastry-lined tart pan c a baking sheet on the oven rac Carefully pour filling into pan. Bak in a 350° oven for 40 minutes or t a knife inserted near the cente comes out clean. Cool on a rack.

To serve, cut tart into wedges an transfer to dessert plates. Place th ⅓ cup chocolate pieces and th shortening in a small heav saucepan over very low heat, stirrin constantly till it begins to mel Immediately remove from heat an stir till smooth. Cool slightly Transfer chocolate mixture to clean, small, heavy plastic bag. Sni



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a very small hole in one corner of the bag. Drizzle the melted chocolate in zigzag lines across each piece of tart, overlapping onto the plate (see photo, right).

Serve each piece with a scoop of ice cream, if desired. Cover and chill any leftover tart for up to 2 days. Makes 8 to 10 servings.

Nutrition facts per serving: 616 cal., 34 g total fat (9 g sat. fat), 100 mg chol., 340 mg sodium, 74 g carbo., 1 g fiber, 8 g pro. Daily Value: 10% vit. A, 7% calcium, 25% iron.

PASTRY FOR SINGLE-CRUST TART

Use this pastry for the Ultimate Nut and Chocolate Chip Tart or any single-crust 9-inch pie or 11-inch tart.

- 1¼ cups all-purpose flour
- ½ tsp. salt
- ⅓ cup shortening or butter
- 3 to 4 Tbsp. cold water



Use a small plastic bag to drizzle melted chocolate over each wedge of Ultimate Nut and Chocolate Chip Tart.

In a bowl stir together flour and salt. Cut in shortening or butter till pieces are size of small peas. Sprinkle *1 tablespoon* of water over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat till all is moistened. Form dough into a ball. Use immediately or cover and chill till needed.

Nutrition facts per ⅛ pastry recipe: 141 cal., 9 g total fat (2 g sat. fat), 0 mg chol., 67 mg sodium, 14 g carbo., 0 g fiber, 2 g pro. Daily Value: 0% vit. A, 0% vit. C, 0% calcium, 5% iron.

WHITE CHOCOLATE FANTASY CAKE

For directions on how to make the white chocolate curls that cover this spectacular cake, see pages 154-155.

- 4 egg whites
- 1¼ cups all-purpose flour
- 1 Tbsp. finely shredded lemon peel
- 2 tsp. baking powder
- ¼ tsp. salt
- 3 oz. white baking bar, chopped
- ¼ cup half-and-half, light cream, or milk
- ½ cup margarine or butter
- 1 cup sugar

continued on page 154

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Kraft Creative Kitchens

Easy Homestyle Macaroni & Cheese
with Kraft® Deluxe Macaroni & Cheese OR Velveeta® Shells & Cheese



Prep time: 5 minutes Cooking time: 40 minutes plus standing
1 package (14 ounces) Kraft® Deluxe Macaroni & Cheese Dinner OR 1 package (12 ounces) Velveeta® Shells & Cheese Dinner
2 1/4 cups hot water (use 1 1/2 cups for Velveeta® Shells & Cheese)
1/2 teaspoon dry mustard (optional)
1/2 cup sour cream (use 1/3 cup for Velveeta® Shells & Cheese)

- Heat oven to 375°F.
- Mix water and mustard in 1 1/2-quart casserole dish. Whisk in Cheese Sauce from Pouch. Stir in dry Pasta; cover with tight-fitting lid.
- Bake 30 minutes. Uncover. Stir in sour cream. Continue baking, uncovered, 10 minutes. Let stand 5 minutes before serving. Makes 6 servings.

Stir-In Ideas: Reduce water to 2 cups (reduce water to 1 1/4 cups for Velveeta® Shells & Cheese). Add 1 cup chopped cooked broccoli and 1 cup chopped ham OR 1 cup cooked peas and 1 cup chopped cooked chicken when stirring in sour cream. Continue as directed above.

Variations:
- Top with combined 1/2 cup crushed crackers and 1 tablespoon melted margarine after stirring in sour cream. Continue as directed above.
- Substitute lowfat OR nonfat sour cream for regular sour cream.





White chocolate curls are easier to make when the chocolate is at warm room temperature (about 80°).

heat and stir till baking bar is completely melted and smooth. Stir in remaining half-and-half, light cream, or milk; cool.

In a large mixing bowl beat the margarine or butter with an electric mixer on medium to high speed about 30 seconds or till softened. Add sugar and vanilla; beat till combined. Add the egg yolks, one at a time, beating till combined. Alternately add the flour mixture and the white baking bar mixture, beating on low to medium speed after each addition just till combined.

Chocolate Recipes

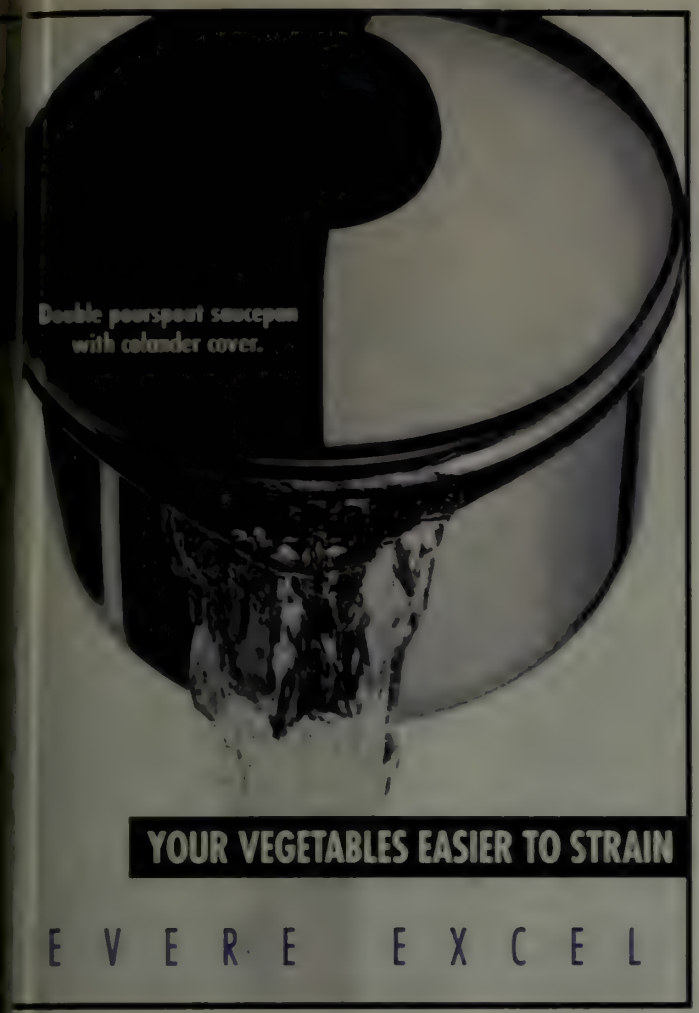
continued from page 153

- 1 tsp. vanilla
- 4 egg yolks
- 1 cup fresh raspberries or sliced strawberries
- 3 Tbsp. raspberry liqueur (optional)
- 1 recipe White Chocolate Frosting
- ⅓ cup seedless raspberry jam
- 1 recipe White Chocolate Curls (optional)
- ½ cup fresh raspberries or sliced strawberries (optional)
- Powdered sugar (optional)

In a medium mixing bowl let egg whites stand at room temperature for 30 minutes. In a small mixing bowl stir together flour, lemon peel, baking powder, and salt. Set flour mixture aside.

Melt the 3 ounces white baking bar with ¼ cup of the half-and-half, light cream, or milk in a small heavy saucepan over very low heat, stirring constantly till baking bar starts to melt. Immediately remove from





Wash beaters. In a medium mixing bowl beat the egg whites with an electric mixer on high speed till stiff peaks form. Gently fold the egg whites into the batter. Spread batter into 2 greased and lightly floured 8x1½-inch round baking pans.

Bake in a 350° oven for 25 to 30 minutes or till a wooden toothpick inserted near the center of cakes comes out clean. Cool cakes in pans on wire racks for 10 minutes. Remove from pans. Cool cakes completely on racks.

In a small bowl combine the 1 cup berries and raspberry liqueur, if using. Set aside till needed.

Prepare the White Chocolate Frosting. To assemble cake, place one cake layer on a cake plate. Drain liqueur from berries, if using, and drizzle liqueur over cake layer on plate. Stir jam to soften. Spread jam over cake layer. Top with *one-third* of the White Chocolate Frosting. Spoon the 1 cup berries atop.

Top the berries with remaining cake layer. Frost top and sides with the remaining frosting. Gently place the White Chocolate Curls on the frosting on top of cake (as shown on the magazine cover and on page 131) or all over top and sides of the cake (as shown on page 136). At this point, you can carefully cover the cake loosely with plastic wrap and chill for up to 24 hours.

Just before serving, sprinkle cake with the ½ cup berries and sift powdered sugar lightly over cake, if desired. Makes 10 servings.

White Chocolate Curls: Carefully draw a vegetable peeler across the broad surface of two or three 2-ounce white baking bars (or a 4- to 6-ounce chunk of white baking bar). This works best if baking bar is at warm room temperature (see photo, opposite page). Use immediately or carefully place on paper towels in a covered storage container in a single layer. Store at room temperature or chill.

Nutrition facts per serving: 532 cal., 29 g total fat (15 g sat. fat), 141 mg chol., 193 mg sodium, 62 g carbo., 1 g fiber, 7 g pro. Daily Value: 38% vit. A, 7% vit. C, 9% calcium, and 9% iron.

WHITE CHOCOLATE FROSTING

Use this fluffy frosting for the White Chocolate Fantasy Cake. Fix it just before frosting the cake.

- 4 oz. white baking bar, chopped
- 1½ cups whipping cream
- 1 Tbsp. cold water
- ½ tsp. unflavored gelatin
- 3 Tbsp. sugar

continued on page 156



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Chocolate Recipes

continued from page 155

Chill a medium mixing bowl and the beaters of an electric mixer.

Place the white baking bar and ¼ *cup* of the whipping cream in a small heavy saucepan over very low heat, stirring constantly till baking bar starts to melt. Immediately remove from heat and stir till smooth. Cool completely.

In a 1-cup glass measure combine the cold water and unflavored gelatin. Let stand for 2 minutes. Place cup in saucepan of boiling water. Heat and stir till gelatin is completely dissolved.



Gradually add the melted white chocolate to the whipped cream, beating just till peaks form.

In the chilled mixing bowl beat the remaining 1¼ cups whipping cream and sugar with the chilled beaters on medium speed while gradually drizzling gelatin over the whipping cream mixture. Beat till soft peaks form. Continue beating, gradually adding cooled baking bar mixture till stiff peaks form (see photo, above). *Do not overbeat.* Use immediately to frost cake. Makes about 2½ cups frosting.

CHOCOLATE HEARTS WITH HONEY-CARAMEL SAUCE

These rich, creamy hearts taste luscious, but for a real treat, serve them with Honey-Caramel Sauce, whipped cream, and Candied Orange Peel (as shown on page 138). The hearts can be made and frozen up to one month ahead of serving.

- 8 oz. bittersweet or semisweet chocolate, chopped
- 2 oz. unsweetened chocolate, chopped
- 1 cup whipping cream
- 3 slightly beaten egg yolks
- ⅓ cup milk
- ¼ cup sugar
- 2 Tbsp. coffee or orange liqueur
- ¼ tsp. ground cinnamon
- Unsweetened cocoa powder (optional)
- 1 recipe Honey-Caramel Sauce (optional)
- 1 recipe Candied Orange Peel (optional)
- Whipped Cream (optional)

Chill a medium mixing bowl and the beaters of an electric mixer.

Place chocolate in a medium heavy saucepan over low heat, stirring constantly till partially melted; immediately remove from heat and stir till smooth. Cool slightly.

In the chilled mixing bowl beat whipping cream with the chilled beaters on medium speed till stiff peaks form. Cover; chill till needed.

In a heavy small saucepan stir together egg yolks, milk, and sugar. Bring to a gentle boil over low heat, stirring constantly. Reduce heat. Cook and stir for 2 minutes. Remove from heat and pour mixture into a medium mixing bowl; add liqueur and cinnamon. Stir to combine. Add the melted chocolate, *2 tablespoons* at a time, to the hot mixture, beating with an electric mixer on low speed till combined (mixture will be thick). Add *½ cup* of the whipped cream and continue beating on low speed till smooth. Gently fold in the remaining whipped cream.



For a finishing touch, sprinkle cocoa powder over each heart, using paper strips to make a lattice pattern.

Line 6 individual heart-shaped pans (about 3 inches in diameter) or 6-ounce custard cups with plastic wrap, allowing edges to hang over sides. Spoon chocolate mixture evenly into pans. Cover with heavy foil; freeze till firm (about 4 hours) or for up to 1 month.

Before serving, remove pans or cups from freezer. Invert onto a baking sheet. Remove plastic wrap. Smooth tops of desserts with a knife that has been dipped in hot water. Let desserts stand for 15 minutes at room temperature.

If desired, for the cocoa design, cut several ¼-inch-wide strips of paper, making each strip slightly longer than one of the heart-shaped or round desserts. Place the strips atop one of the desserts in a lattice design. Sift cocoa atop (see photo below left). Carefully remove strips. Repeat with the remaining desserts.

To serve, spoon Honey-Caramel Sauce atop 6 dessert plates, if desired. With a spatula, transfer the desserts to the dessert plates, placing them atop sauce. Dollop with whipped cream and top with Candied Orange Peel, if desired. Serve immediately. Makes 6 desserts.

Honey-Caramel Sauce: In a small heavy saucepan cook and stir ½ cup honey over medium-high heat till bubbly and foamy. Reduce heat to medium. Continue to cook and stir till foam is dark golden brown (the color of a penny). This should take about 6 minutes. Remove from heat and stir in ¾ cup whipping cream. Return to heat. Cook and stir about 2 minutes or till slightly thickened. Cover surface with plastic wrap. Cool. Makes about 1 cup.

Candied Orange Peel: With a vegetable peeler or small knife, cut strips of peel from 1 large orange

continued on page 16

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ced for The Coca-Cola Company, owner of the trademarks COCA-COLA, COKE, ynamic Ribbon Device, and the design of the contour bottle, by The Franklin Mint.

Chocolate Recipes

continued from page 156

leaving the white pith behind. Use the rest of the orange for another purpose. Cut the strips of orange peel into thin julienne strips (about ⅛ inch wide).

Place peel in a small pan of boiling water for 2 minutes; drain. Remove peel. In same pan combine ½ cup water and ¼ cup sugar. Bring to boiling, stirring till sugar is dissolved. Reduce heat. Add peel. Simmer, uncovered, for 12 to 15 minutes or till the peel is transparent; drain.

With a fork, transfer peel to a sheet of buttered foil; cool thoroughly. Use immediately or transfer to a tightly covered storage container and store in a cool, dry place for up to 1 week.

Nutrition facts per Chocolate Heart: 445 cal., 34 g fat (20 g sat. fat), 162 mg chol., 27 mg sodium, 37 g carbo., 3 g fiber, 6 g pro. Daily Value: 34% vit. A, 16% iron.

CHOCOLATE LOVER'S HANDBOOK

SHOPPING FOR CHOCOLATE

A quick browse through the chocolate section in grocery stores, candy shops, and gourmet shops will show you that there are many types and brands of chocolate available. If your recipe specifies a type of chocolate, such as semisweet, you're best off purchasing that type.

Even within types of chocolate, the flavor, sweetness, and color can vary from one manufacturer to another. Try several different brands and settle on the one you like best. Prices vary too; usually the imported chocolates and cocoas cost the most.

To check the quality of a chocolate, look for a glossy appearance and a chocolaty aroma. The chocolate should break with a snap. Also, it should melt on your tongue without waxiness or graininess.

Unsweetened chocolate has no sugar added, resulting in a strong, bitter flavor. Sometimes called baking or bitter chocolate, it is almost exclusively used for baking and cooking.

Unsweetened cocoa powder is pure chocolate with most of the cocoa butter removed. It is used most often in baking. Some cocoa powders labeled as Dutch-process or European-style have been treated to neutralize the naturally occurring acids. This gives the cocoa powder a more mellow flavor and a darker, redder color.

Semisweet chocolate is pure chocolate with added cocoa butter and sugar. It is also referred to as bittersweet chocolate. Bittersweet chocolate is usually darker and less sweet than chocolate labeled as semisweet. However, there are no legal specifications for either term. Some European bittersweet chocolates are labeled as dark chocolate. Use dark chocolate, semisweet chocolate, and bittersweet chocolate interchangeably in recipes.

Milk chocolate is pure chocolate with added cocoa butter, sugar, and milk or cream. It's similar to semisweet and bittersweet chocolates, but generally contains less pure chocolate and added milk solids. Milk chocolate has a creamier texture, lighter color, and milder flavor than semisweet or bittersweet chocolates.

White baking bars and pieces and vanilla-flavored candy coatings are often referred to as white chocolate. However, this is a misnomer. Because these products lack pure chocolate, they can't legally be labeled as chocolate in the United States. Some of these products do contain cocoa butter for extra flavor.

STORAGE

Store chocolate and cocoa powder in tightly covered containers or sealed plastic bags in a cool, dry place. Ideal storage conditions are between 60° and 78°, with less than 50 percent relative humidity.

MELTING CHOCOLATE

When melting chocolate, make sure all of your equipment is completely dry. Any moisture on the utensils or in the container may cause the chocolate to stiffen. If this happens, stir in ½ to 1 teaspoon of melted shortening for every ounce of chocolate.

Before melting, chop chocolate bars and squares into smaller pieces. Always stir chocolate, melting over low heat to avoid scorching.

Some candy recipes call for tempering chocolate before using, which enables the chocolate to stay glossy and firm at room temperature without the addition of wax or refrigeration. If tempering is desired, refer to a candy-making book for directions.

Choose from the following methods for melting chocolate, whether baking bars, and candy coatings. Also use one of these methods when a recipe calls for melting chocolate with another ingredient such as margarine, butter, shortening, or whipping cream.

Direct heat: Place the chocolate in a heavy saucepan over low heat, stirring constantly till partially melted. Immediately remove the chocolate from the heat and stir till smooth.

Double boiler: Place water in the bottom pan of a double boiler so that the top of the water is ½ inch below the upper pan. Place the chocolate in the upper pan. Then place the double boiler over low heat. Stir the chocolate constantly till it is melted. The water in the bottom of the double boiler should not come to boiling.

Microwave oven: Place up to 1 ounces of chopped chocolate or chocolate pieces in a microwave-safe bowl, custard cup, or glass measure. Micro-cook, uncovered, on 100% power (high) for 1½ to 2 minutes or till soft enough to stir smooth. Stir every minute during heating. (Chocolate holds its shape after it starts to melt, so stirring it will help you to see how melted it is. It also helps the chocolate heat evenly.)

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Winter Suppers

continued from page 145

DEEP-DISH STEAK AND VEGETABLE PIE

As pictured on page 141, you can shape the dough scraps into interesting designs, such as mini vegetables, to decorate the top crust.

- 1 recipe Whole Wheat Pastry
- 1½ lb. boneless beef sirloin steak, trimmed and cut into ¾-inch pieces
- 2 Tbsp. cooking oil
- ½ cup beef broth
- ¼ cup dry white wine or beef broth
- 2 cloves garlic, minced
- 1¼ tsp. dried marjoram, crushed
- 1 bay leaf
- ¼ tsp. salt
- ¼ tsp. pepper
- 2 medium parsnips, peeled and cut into ½-inch pieces
- 2 Tbsp. margarine or butter
- 1 medium red or green sweet pepper, cut into ½-inch pieces
- 2 small carrots, thinly sliced
- 1 onion, chopped (½ cup)
- ⅓ cup all-purpose flour
- 1 cup half-and-half or light cream
- ¾ cup loose-pack frozen peas
- 1 beaten egg

Prepare the Whole Wheat Pastry and set aside.

In a large skillet brown meat, half at a time, in oil. Drain fat, if needed. Return all of the meat to skillet. Stir in broth, wine, garlic, marjoram, bay leaf, salt, and pepper. Bring to boiling. Add parsnips. Reduce heat; simmer, covered, 10 minutes.

Meanwhile, in a large saucepan melt margarine or butter. Add sweet pepper, carrot, and onion. Cook and stir till onion is tender but not brown. Stir in flour. Add half-and-half or cream; cook and stir till thickened and bubbly. Stir hot meat mixture; add the peas. Heat through. Transfer the mixture to a 2-quart casserole; set aside.

On lightly floured surface, roll the Whole Wheat Pastry into a circle 2 inches larger than the diameter of the top of casserole and about ¼ inch thick. Prick pastry a few times with a fork. Center pastry over top of casserole. Trim pastry 1 inch beyond edge of the casserole. Turn pastry edge under and press gently to adhere to edge of casserole. If desired, use pastry scraps to make small vegetable decorations. Brush crust with beaten egg. If using pastry decorations, place atop crust and brush again with egg.

Bake in a 400° oven for 25 to 30 minutes or till crust is golden brown. Makes 6 main-dish servings.

Whole Wheat Pastry: In a mixing bowl stir together ¾ cup all-purpose flour, ½ cup whole wheat flour, and ¼ teaspoon salt. Cut in ½ cup butter till pieces are the size of small peas. Sprinkle *1 tablespoon* cold water over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat till all is moistened, using 1 to 2 tablespoons additional cold water. Form dough into a ball. Cover with plastic wrap till needed.

Nutrition facts per serving: 627 cal., 37 g total fat (17 g sat. fat), 165 mg chol., 570 mg sodium, 38 g carbo., 6 g fiber, 34 g pro. Daily Value: 96% vit. A, 48% vit. C, 8% calcium, 35% iron.

COUNTRY-STYLE CASSOULET

- 1 lb. assorted dry beans (2½ cups)
- 4½ cups cold water
- 1 Tbsp. instant beef bouillon granules
- Dash ground cloves
- 4 bay leaves
- 1 5-lb. domestic duckling or one 3- to 3½-lb. broiler-fryer chicken, cut up and skinned, if desired
- 1 to 2 Tbsp. cooking oil (optional)
- lb. boneless lean pork, cut into bite-size pieces
- lb. boneless lean lamb or beef, cut into bite-size pieces
- 2 large onions, cut into thin wedges
- 2 medium carrots, sliced (1 cup
- 3 cloves garlic, minced
- 1¼ cups dry white wine
- 1 14½-oz. can tomatoes, cut up
- 2 tsp. dried thyme, crushed
- 1 tsp. pepper
- ¼ cup dry bread crumbs
- 3 Tbsp. margarine or butter, melted
- 2 Tbsp. snipped parsley

In an 8- to 10-quart Dutch ove combine beans with enough *wat* to cover. Bring to boiling; reduc heat. Simmer for 2 minute Remove from heat. Cover; let stan for 1 hour. Drain beans; rinse.

In the same Dutch oven combi drained beans, the 4½ cups col water, bouillon granules, and clove Add bay leaves. Bring to boilin reduce heat. Simmer, covered, fo 1½ hours. Discard bay leaves.

Meanwhile, in a large skille brown the duckling or chicken, i hot oil (omit oil if duckling c chicken is not skinned) over med um-high heat about 10 minutes c till brown, turning occasionall Remove duckling or chicken fro skillet, reserving drippings in pan.

Cook pork in the reserved dri pings for 5 to 6 minutes or till n longer pink; remove pork. In th same skillet cook lamb or beef for to 10 minutes or till brown. Remov meat; drain any fat from skillet.

In the same skillet cook onion and carrots about 5 minutes or ti tender. Add garlic; cook for 30 sec onds more. Add pork, lamb, an onion mixture to bean mixture i the Dutch oven; stir to combine.

To the same skillet add *¼ cup* c the white wine. Heat and stir t scrape up browned bits in bottom c skillet. Add to Dutch oven alon with the remaining 1 cup wine *undrained* tomatoes, thyme, an pepper. Arrange duckling or chick en pieces atop. Bring to boiling reduce heat. Cover and simmer fo 1 hour. (At this point, mixture ca

continued on page 16

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Giant finds Italian chicken desirable.

Winter Suppers

continued from page 162

be cooled, then stored in the refrigerator, covered, for up to 3 days.)

Bake, covered, in a 375° oven for 45 minutes (1 hour, if chilled). Combine bread crumbs, margarine or butter, and parsley. Sprinkle atop cassoulet; bake, uncovered, 15 to 20 minutes more or till crumbs are brown. Makes 10 servings.

Nutrition facts per serving: 591 cal., 31 g total fat (10 g sat. fat), 93 mg chol., 503 mg sodium, 40 g carbo., 4 g fiber, 34 g pro. Daily Value: 45% vit. A, 17% vit. C, 8% calcium, 41% iron.

ROASTED ROSEMARY CHICKEN WITH GARLIC MASHED POTATOES

For more fresh lemon flavor, quarter a lemon, squeeze out the juice, and place it in the cavity of the chicken before roasting.

- 10 cloves garlic
- 2 Tbsp. snipped fresh rosemary or 2 tsp. dried rosemary, crushed
- 2 Tbsp. olive oil
- 2 Tbsp. lemon juice
- ¼ tsp. pepper
- ⅛ tsp. salt
- 1 2½- to 3½-lb. whole broiler-fryer chicken
- 1½ cups peeled and trimmed baby carrots (6 oz.)
- 1 large onion, cut into wedges
- 1 medium red and/or green sweet pepper, cut into 1-inch strips
- 1 recipe Garlic Mashed Potatoes
- 1 recipe Homemade Gravy

In a small saucepan cook garlic cloves and rosemary in hot olive oil over low heat for 8 to 10 minutes or till garlic is soft (watch garlic closely to avoid burning). Remove garlic with a slotted spoon and set aside, reserving the oil mixture. Let oil mixture cool. Stir lemon juice, pepper, and salt into oil.

Wash the chicken thoroughly; pat dry with paper towels. Season body cavity with salt. Pull the neck skin to the back and fasten with a small skewer. If a band of skin crosses the tail, tuck the drumsticks under the band. If there is no band, tie the drumsticks securely to the tail. Twist wing tips under the back.

Place the chicken, breast side up on a rack in a shallow roasting pan. Cut five slits randomly in the chicken skin, large enough to insert a garlic clove under the skin. Insert five garlic cloves. Reserve remaining garlic for Garlic Mashed Potatoes. Brush chicken with some of the olive oil mixture. Insert meat thermometer into the center of one of the inside thigh muscles. The bulb should not touch the bone.

Roast in a 375° oven for 1¼ to 1½ hours or till thermometer registers 180° and drumsticks move easily in

their sockets, brushing occasionally with drippings. When the bird is two-thirds done, cut the band of skin or string between the drumsticks so thighs will cook evenly. When chicken is done, remove it from the oven; cover with foil till carving time. Reserve pan drippings for the Homemade Gravy.

Meanwhile, in a 9x9x2-inch baking pan, toss carrots and onion with remaining olive oil mixture. Roast, uncovered, alongside chicken till vegetables are tender and brown on the edges. Allow about 45 minutes total cooking time for vegetables, adding sweet pepper after 30 minutes and stirring twice. Prepare Homemade Gravy.

Carve chicken and serve with the roasted vegetables, Garlic Mashed Potatoes, and Homemade Gravy. Makes 4 main-dish servings.

Garlic Mashed Potatoes: Finely chop the 5 reserved garlic cloves; set aside. In a large saucepan cook 5 unpeeled medium potatoes (about 1½ pounds), quartered, in boiling water for 20 to 25 minutes or till tender; drain.

Mash unpeeled potatoes with a potato masher or beat smooth with an electric mixer on low speed. Add the reserved finely chopped garlic, 1 tablespoon olive oil, ½ teaspoon salt, and ¼ to ½ teaspoon pepper. Gradually beat in enough milk (¼ to ⅓ cup) to make light and fluffy. Makes 4 side-dish servings.

Homemade Gravy: Pour pan drippings from chicken roasting pan into a 2-cup glass measure. Also scrape the browned bits from pan into the cup. Skim and reserve fat from the pan drippings.

Place *2 tablespoons* of reserved fat in a medium saucepan (discard remaining fat). Stir in 2 tablespoons all-purpose flour. Add enough chicken broth to drippings in the measuring cup to equal *1 cup*. Add chicken broth mixture all at once to flour mixture. Cook and stir over medium heat till thickened and bubbly. Cook and stir for 1 minute more. Season to taste with salt and pepper. Makes 1 cup gravy.

Nutrition facts per serving with Garlic Mashed Potatoes and Homemade Gravy: 671 cal., 33 g total fat (8 g sat. fat), 105 mg chol., 606 mg sodium, 55 g carbo., 3 g fiber, 38 g pro. Daily Value: 28% vit. A, 108% vit. C, 8% calcium, 39% iron.

LAMB AND SQUASH STEW

- 1¼ lb. boneless lean lamb, cut into 1-inch pieces
- 2 tsp. cooking oil
- 2 14½-oz. cans beef broth
- ½ cup dry red wine
- ¼ cup quick-cooking tapioca
- 2 tsp. dried thyme, crushed

continued on page 168

Simple Chicken Italiano.





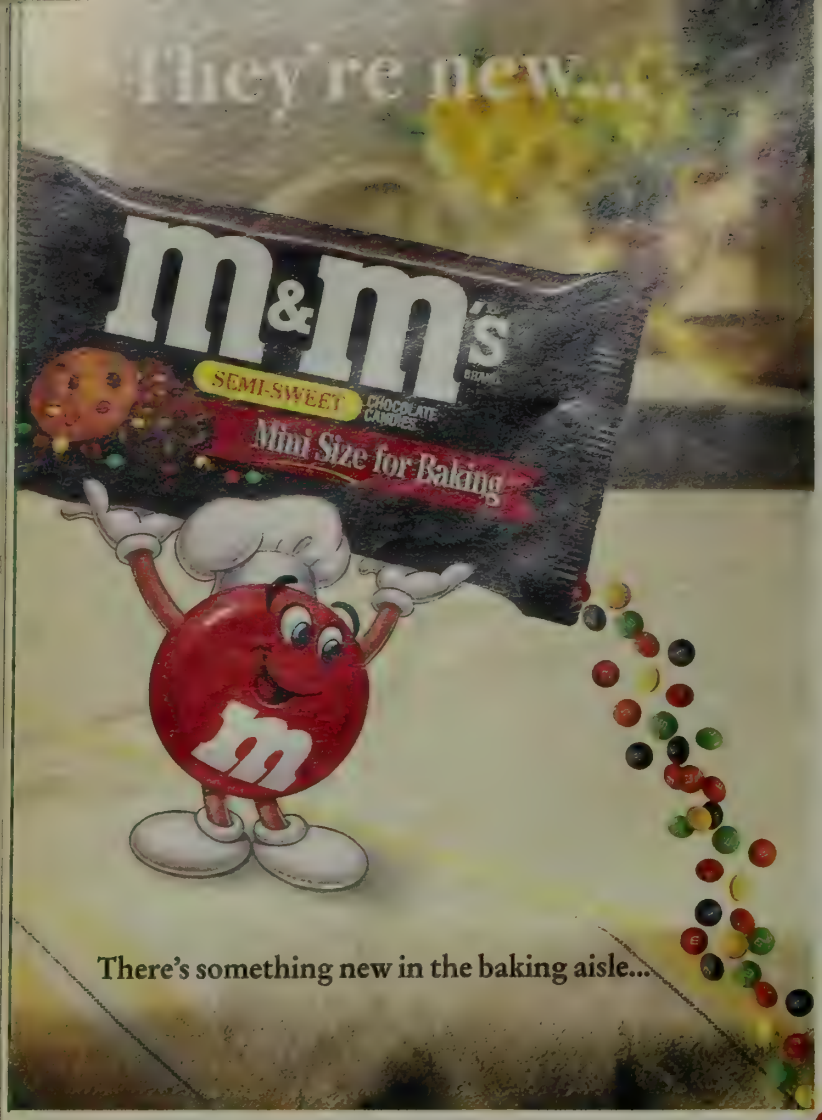
Simple Chicken Italiano

3/4 lb. thin strips chicken breast
3/4 cup reduced calorie Italian dressing
16 oz. pkg. Green Giant® American Mixtures® California Style Frozen Vegetables
Hot cooked pasta
1 tablespoon grated Parmesan cheese, if desired

1. In large skillet, combine chicken and about 1/3 of the Italian dressing.
2. Saute until chicken starts to brown.
3. Add vegetables and remaining dressing. Cover; simmer 7 to 9 minutes until vegetables are crisp-tender, stirring frequently. Serve over pasta; sprinkle with cheese.

5 servings

Healthier eating made easy...



minutes more or till meat and vegetables are tende
Meanwhile, prepare Buttermilk-Chive Biscuits,
desired. Makes 6 main-dish servings.

Nutrition facts per serving: 352 cal., 13 g total fat (5
sat. fat), 53 mg chol., 606 mg sodium, 37 g carbo., 6
fiber, 21 g pro. Daily Value: 45% vit. A, 34% vit. C
6% calcium, and 27% iron.

**Note:* This recipe was tested only in cookers wit
heating elements that wrap around the sides of th
pot. These pots have very low wattages and the ele
ments remain on continuously during cooking. The
can be identified by the heat control with two fixe
settings, a *Low* and a *High*.

BUTTERMILK-CHIVE BISCUITS

⅔ cup all-purpose flour
1 Tbsp. snipped chives
¾ tsp. baking powder
¼ tsp. baking soda
⅛ tsp. salt
⅛ tsp. pepper
¼ cup buttermilk or sour milk
2 Tbsp. cooking oil

In a medium mixing bowl combine the flour, chives
baking powder, baking soda, salt, and pepper. Sti

Winter Suppers

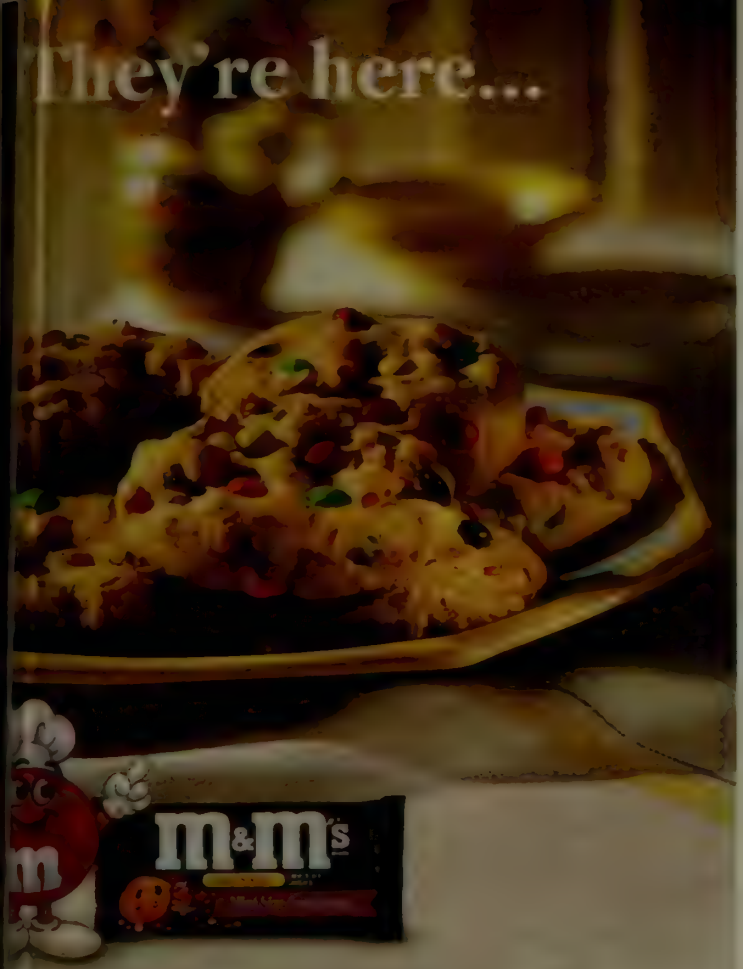
continued from page 167

2 bay leaves
¼ tsp. salt
¼ tsp. pepper
1 lb. butternut squash, peeled and cut into chunks
2 medium potatoes (12 oz.), cut lengthwise into thin wedges
½ of a 16-oz. pkg. frozen whole small onions
1 10-oz. pkg. frozen lima beans
1 recipe Buttermilk-Chive Biscuits (see recipe, at right, top) (optional)

In a large skillet cook the lamb, half at a time, in hot oil till brown on all sides; drain. In a 4-, 5-, or 6-quart electric slow crockery cooker* stir together beef broth, red wine, tapioca, thyme, bay leaves, salt, and pepper. Add lamb, squash, potatoes, and onions. Cover; cook on low-heat setting for 8 hours or on high-heat setting for 4 hours.

Rinse lima beans in strainer under cold water to thaw slightly; drain. Remove bay leaves from stew; stir in lima beans. If stew was cooked on low-heat, turn cooker to high-heat setting. Cover; cook 45 to 60





're a colorful way to make all your baking really special...

1 10-oz. pkg. frozen whole kernel corn
Paprika (optional)

Thaw the salmon, scallops, and shrimp, if frozen. Cut salmon into ½-inch pieces, discarding skin and bones; set aside. Peel and devein shrimp, leaving tails intact, if desired.

Remove green tops from fennel; cut into sprigs and reserve. Cut bulb into wedges; remove core and discard. Chop fennel wedges (you should have about 1¼ cups). In a large saucepan cook fennel and green onion in margarine or butter till tender. Stir in flour. Stir in milk, cream, bouillon granules, seafood seasoning, and ground red pepper. Cook and stir till thickened and bubbly. Stir in frozen corn. Cook and stir for 2 minutes. Stir in salmon, scallops, and shrimp; cook and stir for 2 minutes more or till shrimp turn pink and salmon flakes easily with a fork.

Ladle soup into bowls and top with fennel tops. Sprinkle with paprika. Makes 4 main-dish servings.

Nutrition facts per serving: 469 cal., 23 g total fat (11 g sat. fat), 117 mg chol., 760 mg sodium, 33 g carbo., 2 g fiber, 33 g pro. Daily Value: 33% vit. A, 18% vit. C, 28% calcium, 17% iron.

continued on page 170

together the buttermilk or sour milk and oil; pour into flour mixture. Stir with a fork till combined. Drop onto a greased baking sheet in 6 mounds. Bake in 450° oven for 8 to 10 minutes or till golden. Serve warm. Makes 6 biscuits.

Nutrition facts per biscuit: 95 cal., 5 g total fat (1 g sat. fat), 0 mg chol., 92 mg sodium, 11 g carbo., 0 g fiber, 2 g pro. Daily Value: 0% vit. A, 0% vit. C, 1% calcium, 4% iron.

SEAFOOD-FENNEL CHOWDER

¼ lb. fresh or frozen salmon steak
½ lb. fresh or frozen bay scallops
8 fresh or frozen large shrimp
1 medium fennel bulb with tops
½ cup sliced green onion
2 Tbsp. margarine or butter
3 Tbsp. all-purpose flour
2 cups milk
2 cups half-and-half or light cream
1½ tsp. instant chicken bouillon granules
¼ tsp. seafood seasoning or seasoned salt
⅛ tsp. ground red pepper



So open your hand and smile.

Fun Cookies™
2 cups all purpose flour
3/4 tsp baking soda
3/4 tsp salt
1 cup (8oz) softened butter or shortening
2/3 cup granulated sugar
1/2 cup firmly packed brown sugar
1 egg
1 tsp vanilla extract
12 oz package (1-3/4 cups) "M&M's"® Semi-Sweet Chocolate Candies
3/4 cup chopped nuts (optional)
Preheat oven to 375°F. Combine flour, baking soda and salt; set aside. Cream together butter or shortening and sugars until light and fluffy; beat in egg and vanilla. Blend in flour mixture slowly. Stir in "M&M's"® Semi-Sweet Chocolate Candies and nuts. Drop heaping teaspoonfuls onto an ungreased cookie sheet. Bake 8-11 minutes until browned. Cool 1 minute on cookie sheet; place on wire cooling racks. Makes about 5 dozen 2-inch cookies.





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100% PURE MAPLE SYRUP

brown mustard, molasses, caraway seed, allspice, an pepper; stir into bacon mixture. Cook and stir ti thickened and bubbly. Add rutabaga; cover and coo 15 minutes. Stir in the kielbasa, apples, and saue kraut. Cook, covered, 15 to 20 minutes more or ti apples are tender. Serve with Soft Pretzels. Serves 6.

Nutrition facts per serving: 375 cal., 24 g total fat (9 sat. fat), 65 mg chol., 1,167 mg sodium, 26 g carbo., g fiber, 12 g pro. Daily Value: 0% vit. A, 56% vit. C 7% calcium, and 14% iron.

Soft Pretzels: Unroll one package (8) refrigerate breadsticks so breadsticks lay flat. Gently pull eac breadstick into a 16-inch rope. Shape each rope into pretzel by crossing one end over the other to form circle, overlapping about 4 inches from each end Take one end of dough in each hand and twist once point where dough overlaps. Carefully lift each en across to the edge of the circle opposite it. Tuck end under edges to make pretzel shape. Moisten end press to seal. Place on a greased baking sheet. Brus with a mixture of 1 beaten egg white and 1 tablespoo water. Sprinkle with poppy seed. Bake in a 375° ove for 12 to 15 minutes or till golden. Makes 8.

Nutrition facts per pretzel: 103 cal., 2 g total fat (1 sat. fat), 0 mg chol., 237 mg sodium, 17 g carbo., 0 fiber, 4 g pro.

Winter Suppers

continued from page 169

KIELBASA WITH KRAUT

- ⅓ cup chopped onion
- 2 slices bacon, cut up
- 1 cup beer
- 1 cup water
- 2 Tbsp. cornstarch
- 2 Tbsp. coarse-grain brown mustard
- 2 Tbsp. molasses
- 2 tsp. caraway seed
- ½ tsp. ground allspice
- ¼ tsp. pepper
- 1 large rutabaga, peeled and cut into 1-inch cubes
- 1 lb. fully cooked kielbasa (Polish sausage), bias-sliced into 2- to 2½-inch pieces
- 2 medium cooking apples, cored and cut into 8 wedges each
- 1 16-oz. can sauerkraut, drained and rinsed
- 1 recipe Soft Pretzels (optional)

In a Dutch oven cook onion and bacon till onion is tender but not brown; drain off fat. Stir in beer. In a 2-cup glass measure combine the water, cornstarch,



Maple Barbecued Ribs

- 1/2 cup maple syrup
- 1/4 cup soya sauce
- 1/4 cup sherry
- 1/2 tsp ginger
- 3/4 tsp dry mustard
- 1/4 tsp nutmeg
- 1/4 tsp cloves
- 1/2 tsp salt

Marinate 4 lb pork ribs overnight. Barbecue, basting frequently. Serves 4. Delicious!

PRIZE TESTED RECIPES®

see page 171 for details

$200 WINNER

Christine A. Purich, Indianapolis, Ind., in the Decadent Desserts category.



Bavarian Apple Cheesecake

Golden baked apple slices, cinnamon, and sugar top this delicious cheesecake.

- ⅓ cup sugar
- ⅓ cup margarine or butter
- 1 Tbsp. shortening
- ¼ tsp. vanilla
- 1 cup all-purpose flour
- ⅛ tsp. salt
- 4 cups peeled, cored, and sliced cooking apples (such as Golden Delicious or Granny Smith)
- 2 8-oz. pkg. cream cheese, softened
- ½ cup sugar
- ½ tsp. vanilla
- 2 eggs
- ⅓ cup sugar
- 1 tsp. ground cinnamon
- ¼ cup sliced almonds

In a medium mixer bowl beat the first ⅓ cup sugar, margarine or butter, shortening, and ¼ teaspoon vanilla on medium speed of an electric mixer till combined. Blend in flour and salt till crumbly. Pat onto the bottom of a 9-inch springform pan. Set aside.

Place apple slices in a single layer in a shallow baking pan. Cover with foil. Bake in a 400° oven for 15 minutes. Meanwhile, for filling, in a large mixer bowl beat the cream cheese, the ½ cup sugar, and the ½ teaspoon vanilla with an electric mixer till fluffy. Add the eggs all at once, beating on low speed just till combined. Pour into dough-lined pan. Arrange warm apple slices atop filling. Combine the remaining ⅓ cup sugar and cinnamon. Sprinkle filling with sugar mixture and the almonds. Bake in a 400° oven for 40 minutes or till golden. Cool. Remove sides and place cake on a serving plate. Cover; chill 4 to 24 hours before serving. Makes 12 servings.

Nutrition facts per serving: 293 cal., 20 g total fat (10 g sat. fat), 42 mg chol., 195 mg

PRIZE TESTED RECIPES®

see page 171 for details

$200 WINNER

Joanna Manoogian, San Francisco, Calif., in the Favorite Vegetable Ideas category.



Ham and Lima Bean Salad

Joanna's top-notch salad can easily be halved for smaller families.

- 2 10-oz. pkg. frozen lima beans
- 2 cups sliced fresh mushrooms
- 1 cup chopped red onion
- ½ cup finely chopped fully cooked ham
- ⅓ cup chopped ripe olives
- ¼ cup snipped parsley
- 1 4-oz. jar diced pimiento, drained
- ⅓ cup tarragon vinegar or white wine vinegar
- ¼ cup olive oil or salad oil
- 2 cloves garlic, minced
- ½ tsp. sugar
- ½ tsp. salt
- ½ tsp. lemon juice
- ⅛ tsp. pepper

Cook lima beans according to package directions. Drain. Rinse with cold wate drain again. In a mixing bowl combine beans, mushrooms, onion, ham, olives, parsle and pimiento. For dressing, in a screw-top jar combine vinegar, oil, garlic, sugar, sal lemon juice, and pepper. Cover; shake to combine. Pour over bean mixture. Toss coat. Cover; chill 3 to 24 hours before serving, stirring once or twice. Serves 8 to 10.

Nutrition facts per serving: 168 cal., 8 g total fat (1 g sat. fat), 2 mg chol., 264 mg sod um, 18 g carbo., 6 g fiber, 7 g pro. Daily Value: 25% vit. C, 2% calcium, 13% iron.



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$100 WINNER

Karen Winchell, Fort Collins, Colo., in the Favorite Vegetable Ideas category.



Teriyaki Potatoes

These flavorful potatoes look oven-browned, but they're cooked in the microwave oven.

- 1½ lb. tiny new potatoes (about 10) or medium red potatoes (about 5)
- 1 Tbsp. margarine or butter, cut into pieces
- 1 Tbsp. teriyaki sauce
- ¼ tsp. garlic salt
- ¼ tsp. Italian seasoning, crushed
- Dash ground black pepper
- Dash ground red pepper
- Fresh snipped rosemary (optional)

Wash potatoes; scrub thoroughly with a vegetable brush. Cut tiny new potatoes into uarters or the medium potatoes into 1-inch pieces. Place potatoes in 1½-quart icrowave-safe casserole. Add margarine or butter, teriyaki sauce, garlic salt, Italian easoning, black pepper, and red pepper. Toss to combine. Cover; micro-cook on 00% power (high) for 12 to 15 minutes (14 to 16 minutes for low-wattage ovens) or ll potatoes are tender, stirring twice during cooking. Stir before serving. Garnish with ipped rosemary and serve with sour cream, if desired. Makes 5 side-dish servings.

Nutrition facts per serving: 155 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 277 mg sodim, 31 g carbo., 1 g fiber, 3 g pro. Daily Value: 2% vit. A, 29% vit. C, 1% calcium, and 5% iron.

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$100 WINNER

Teresa Cicchella, Englewood, Fla., in the Decadent Desserts category.



Double-Coconut Cream Pie

Coconut fans will enjoy this luscious pie with cream of coconut in the filling.

- ⅓ cup sugar
- ¼ cup cornstarch
- ¼ tsp. salt
- 2 cups milk
- 1 8-oz. can cream of coconut (¾ cup)
- 3 beaten egg yolks
- 2 Tbsp. margarine or butter
- 1 cup flaked coconut
- 2 tsp. vanilla
- 1 9-inch baked pastry shell
- 3 egg whites
- ½ tsp. vanilla
- ¼ tsp. cream of tartar
- ⅓ cup sugar
- 2 Tbsp. flaked coconut

For filling, in a medium saucepan combine the first ⅓ cup sugar, cornstarch, and salt. Stir in milk and cream of coconut. Cook and stir over medium heat till thickened and bubbly. Cook and stir 2 minutes more. Gradually stir about *1 cup* of the hot milk mixture into the beaten egg yolks, stirring constantly. Return all of the mixture to saucepan. Cook and stir till bubbly. Cook and stir 2 minutes more. Remove from heat. Stir in margarine or butter till melted. Stir in the 1 cup coconut and 2 teaspoons vanilla. Pour filling into baked pastry shell.

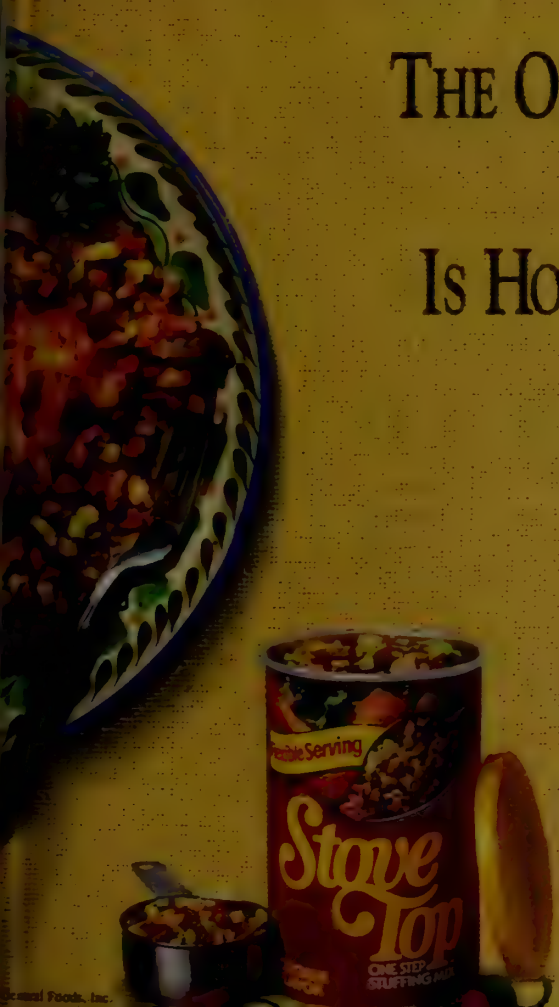
For meringue, let egg whites stand at room temperature for 30 minutes. In a mixing bowl beat egg whites, ½ teaspoon vanilla, and cream of tartar on medium speed of an electric mixer till soft peaks form (tips curl). Gradually add ⅓ cup sugar, 1 tablespoon at a time, till stiff peaks form. Evenly spread meringue over hot filling; seal to pastry edge. Sprinkle with the 2 tablespoons coconut. Bake in a 350° oven for 15 minutes. Cool for 1 hour on a wire rack. Cover and chill 3 to 6 hours before serving. Serves 8.





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MEXICAN CHICKEN CASSEROLE

3/4 cup hot water
2 tablespoons margarine, cut into pieces
2 cups STOVE TOP® Chicken Flavor or Cornbread Stuffing Mix in the Canister
3/4 cup mild salsa, divided
4 boneless, skinless chicken breast halves
1/2 cup (2 ounces) shredded Monterey Jack or Cheddar cheese

- Heat oven to 350°F.
- Mix water and margarine in 12x8-inch baking dish until margarine is melted. Stir in the stuffing mix and 1/4 cup of the salsa. Arrange chicken over stuffing. Pour remaining 1/2 cup salsa over chicken. Cover dish with foil.
- Bake 30 minutes or until chicken is cooked through. Remove foil. Sprinkle with cheese. Bake 5 minutes or until cheese is melted. Makes 4 servings.

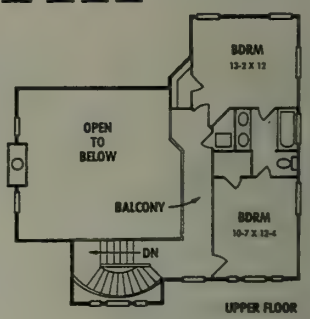
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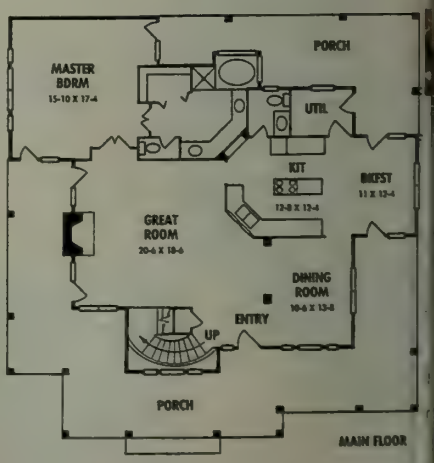


Farmhouse Charm

Summer evenings can be enjoyed to their fullest on the wraparound porch that graces the front of this home. This old-fashioned exterior cleverly packages abundant living space within a modern floor plan. Drama begins at the front door with a formal dining room on the right and a circular staircase sweeping up to the left.

Centered on the fireplace, a large great-room with a vaulted two-story ceiling forms the hub of the house. The kitchen, dining room, and master suite are conveniently arrayed around the hub. A small breakfast nook, also with a vaulted ceiling, offers access to the front and back porches.





First floor: 1,893 sq. ft.
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Total living area: 2,394 sq. ft.

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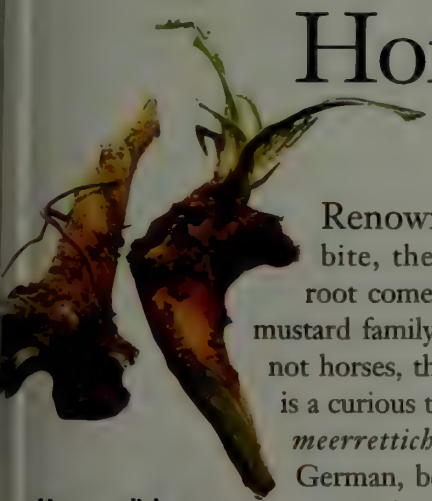


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FOOD

Horseradish Adds Zip



Horseradish root

Renowned for its pungent bite, the gnarly horseradish root comes from a plant of the mustard family. Related to radishes, not horses, the naming of the root is a curious tale. It was once called *meerrettich*, or "sea radish" in German, because it grew by the sea. The English mispronounced it "mareradish," and eventually, the name became horseradish.

You can buy horseradish fresh, grated and refrigerated (labeled "prepared"), or dried (flakes). Also, look for prepared horseradish in beet or mustard flavor.

SNAPPY IDEAS

- Spice up barbecue sauce with prepared horseradish.
- Mix horseradish into soft-style cream cheese with chives to spread on crackers or toasted bagel chips.
- Whisk some beet horseradish into vinaigrette dressing.
- Season hollandaise sauce (prepared from a mix) with horseradish. Serve with beef, fish, or cooked vegetables.
- Stir horseradish mustard into the salad dressings used for meat salads, such as chicken or ham.
- Mix horseradish (mustard, regular, or beet) into melted margarine. Serve over fish or hot cooked vegetables.

KITCHEN TIPS

- To grate fresh horseradish, peel off the outer layer. Grate the peeled root in a food processor or blender. (Be careful: The fumes can burn your eyes and nose.)
- Grate horseradish in small batches because it loses flavor intensity quickly. Use it within a few days. Or, freeze grated horseradish for up to several months.
- Refrigerate any unused horseradish root in a plastic bag for up to 3 weeks.
- Use dried horseradish flakes as you would dried onion. Look for it in the spice section of the supermarket.

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BIG SUR'S VENTANA INN

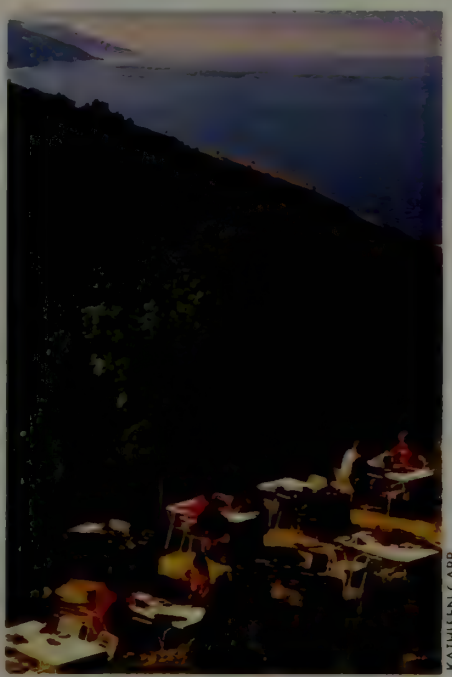
High above the Pacific Ocean, the Ventana Inn sits in intimate communion with the surrounding wilderness of the Santa Lucia Mountains in Big Sur, California. A twisting roadway takes you into the mountains, where the main lodge, the restaurant, and the 12 guest-room buildings of wood and stone blend with the forest.

From the welcoming glass of local wine or juice by the lodge's stone fireplace to the secluded pathways and private porches and balconies—one with each room—the inn remains true to its self-proclaimed image of "private romantic retreat." There are no tennis courts, no tour buses, no planned entertainment—although the staff will arrange horseback riding. Kids aren't really welcome.

Ventana is designed for relaxation with a decidedly informal dress code. You'll probably see more deer and wild turkeys than guests as you wrap yourselves in the lush white robes the inn provides and stroll the softly lit pathways to one of several pools, saunas, and hot tubs tucked away throughout the resort grounds.

Each room overlooks the mountains or ocean and comes with a refrigerator and VCR for cozy cocooning. Rates start at $180 per night and include a hearty breakfast of fresh pastries, granola, and fruit. Rooms with fireplaces begin at $250; rooms with fireplace and hot tub, $360 and up. All rooms are luxurious, with terra-cotta tiles and thick comforters to guard against the cool mountain air. You can have your breakfast served in your room, or enjoy it in the old-fashioned library just up the hill. You can always get fresh fruit and beverages at the main lodge, and they serve wine and cheese every afternoon.

The inn's restaurant, a short walk into the woods, offers dramatic views from its three levels and terrace. The interior is rustic but the cuisine definitely sophisticated, specializing in fresh local ingredients, such as artichokes and baby vegetables, and a to-die-for dessert cart. Entrées run from about $18 to $35; reservations are advisable. The inn's store carries crafts by local artisans.



KATHLEEN CARR

Terrace dining at the Ventana Inn provides a spectacular view of the Pacific.

Exploring Big Sur. There is no town of Big Sur. The name refers to an area encompassing about 90 miles of rugged California coast south of Carmel. The land is undeveloped except for a few miles of scattered tourist accommodations along Route 1. That leaves some of California's most valuable oceanfront property open for hiking, fishing, and picnicking.

continued

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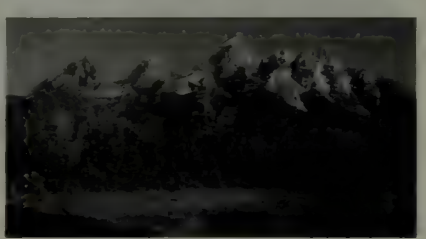
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continued

If you can, approach Big Sur from the north, driving down Route 1, 28 miles south of Carmel. Be sure to stop at some of the frequent turnouts. Bixby Bridge, about 15 miles north of Ventana, towers 260 feet above Bixby Canyon and offers several dramatic lookout points for ocean and canyon views.

The late 19th-century Point Sur Light Station, about 6 miles north of Ventana, is actually built into a giant rock formation jutting out into the sea. You must call ahead for the tour schedule (**408/625-4419**). Wear comfortable shoes and warm clothes; the station is set at the top of a fairly steep slope, and the winds can be quite strong. The trip is worth the climb for the view, a charming bit of history, and first-rate ghost stories (Saturdays and Sundays only; $5).

A couple miles north of Ventana, the well-kept, 810-acre Pfeiffer-Big Sur California State Historic Park offers miles of nature trails, fishing areas, and several almost-deserted beaches ($6 per vehicle). Just south of Ventana, The Coast Gallery displays the works of local and national artists and craftspeople. Products range from hand-carved wooden cooking utensils to pottery, sculpture, and jewelry. An adjacent café serves a simple lunch and is a good

Its natural beauty has made Big Sur a magnet for artists and writers throughout this century. One of its earliest residents was Henry Miller, who popularized the area in his writings. The Henry Miller Memorial Library, about ¾ mile south of Ventana, gives a hint of what Big Sur was like in an earlier era. Take time to sit in the garden and soak up the atmosphere. The Library is usually open daily, but hours can be erratic; call ahead (***408/667-2574***).

Except for the roar of the surf, Big Sur is fairly quiet at night. At least a few locals cluster at Nepenthe, a bar and restaurant down the road from Ventana. It opened in 1947 and immediately attracted such Hollywood luminaries as Orson Welles. Celebrities still drop in, but the atmosphere is casual. Prime seats are on the wraparound deck overlooking the Pacific. The menu features steak and fresh fish, entrées $8–$20.

Ventana Inn, Dept. BHG, Highway 1, Big Sur, CA 93920; 800/628-6500.

Big Sur Chamber of Commerce, Dept. BHG, P.O. Box 87, Big Sur, CA 93920; 408/667-2100. ⌂

—by Marlea Clark



Guests relax with wine and fresh fruit in the cozy library at Ventana Inn.

For more romantic getaways, see *page 38.*

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Mountain wildflowers paint the high country of Montana and Wyomin in shades of blue, yellow and pink. Hawks soar above in effortless grace. The great Continental Divide opens its heart to another season of rebirth for the land and its wildlife wonders. Springtime in the northern Rocky Mountains; there's nothing quite like it.

In Spring, and in every season, there is peace and excitement to be found in these wide open spaces. From horizon to horizon, Montana's Big Sky Country offers the sights and sounds of nature unspoiled. Wyoming's natural beauty invites travelers to get immersed as a spectator or an active participant. Both states' majestic mountains, expansive valleys, lakes, rivers and streams provide exceptional scenic viewing and outdoor recreational opportunities.

Montana's Glacier National Park preserves some of the most spectacular acreage in America. The Park's Going-to-the-Sun Road (open June to October) transports visitors over the "top of the world" past living glaciers, sparkling lakes and clear mountain streams. This 51-mile drive is worth every panoramic inch, and it provides public access to the Park's hundreds of miles of marked trails. You'll find Glacier glorious, whether you're driving, hiking, biking or horseback riding.

Wyoming and Montana proudly share America's first national park, Yellowstone. As the crown jewel of our nation's parks, Yellowstone is a treasure chest of natural wonders. It harbors more than 10,000 thermal features. Within its 2.2 million acres, wildlife roam free. Bison, elk and moose inhabit the Park's scenic terrain along with fascinating birds such as Canada geese, bald eagles and rare trumpeter swans.

The healing of Yellowstone from the ravages of the 1988 fires is another of the Park's natural wonders. The rebirth of new plant and animal life has been dramatic. It's another testament to nature's miraculous design; an illustration of what Yellowstone is all about.

Just to the south is Wyoming's Grand Teton National Park. The majestic peaks of the Teton Range offer breathtaking views. Their reflection in the area's crystal clear lakes make perfect pictures and memories that last a lifetime. As with Glacier and Yellowstone, Grand Teton is home to a wondrous array of wildlife, most notably the magnificent North American elk.

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INSTANT BROWN RICE



LEMON PARSLEY CHICKEN AND RICE

- ¾ pound boneless skinless chicken breast halves
- 1 tablespoon oil
- 1½ cups chicken broth
- 1½ cups MINUTE® Instant Brown Rice
- 2 tablespoons chopped parsley
- 1 teaspoon grated lemon peel
- ⅛ teaspoon pepper
- 3 tablespoons toasted whole almonds



► Brown chicken in hot oil in skillet. Add broth; bring to boil. Stir in rice. Return to boil. Reduce heat to low; cover and simmer 5 minutes. Remove from heat.

► Stir in parsley, lemon peel and pepper; cover. Let stand 5 minutes. Sprinkle with almonds. Serves 4.

Nutrition Information per Serving: 310 calories, 25 g protein, 30 g carbohydrate, 10 g fat, 50 mg cholesterol, 360 mg sodium, 2 g dietary fiber.

FAST, EASY AND GOOD FOR YOU, TOO

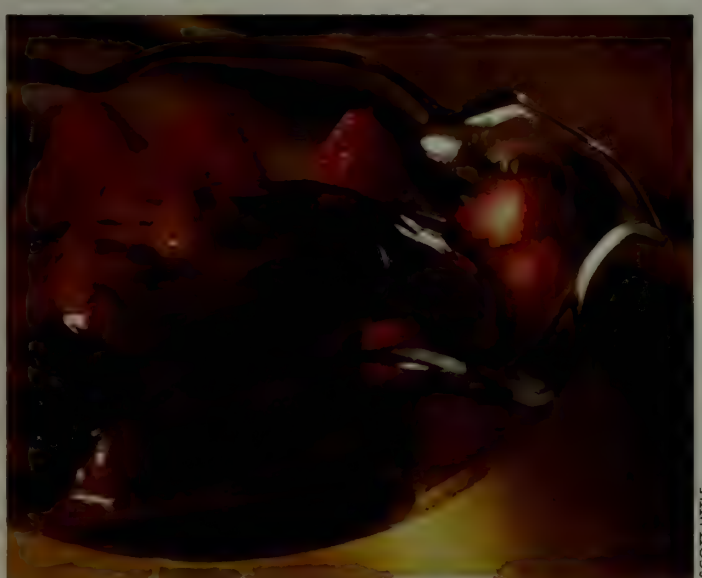
RECIPES

by Kristi Fuller, R.D.

Under 200-Calorie Desserts



Dollop ginger-yogurt topping over slices of spicy pear cake.



SCOTT LITTLE

Pudding with fresh fruit won't sabotage your diet.

INGER-PEAR CAKE

ook for crystallized ginger n the spice section of your grocery store.

Nonstick spray coating
¾ cup granulated sugar
½ cup packed brown sugar
¼ cup cooking oil
3 egg whites
1 cup all-purpose flour
¾ cup whole wheat flour
2 Tbsp. finely chopped crystallized ginger (about 1 oz.)
1½ tsp. baking soda
½ tsp. ground nutmeg
2½ cups shredded unpeeled pears (about 3), such as Bosc or Bartlett
1 8-oz. carton low-fat vanilla yogurt
1 tsp. finely chopped crystallized ginger

Spray a 6-cup fluted ube pan or a 13x9x2-inch aking pan with nonstick oating. (If using a fluted an, dust with all-purpose lour.)

In a mixing bowl combine the ugars, oil, and egg whites. Stir mixure till well blended. Add the all-urpose flour, whole wheat flour, he 2 tablespoons crystallized gin-er, baking soda, and nutmeg. Stir ixture just till moistened. (Batter will be thick.) Stir in shredded pears. Pour batter into the prepared pan.

Bake in a 350° oven for 50 to 55 minutes for the tube pan or 25 to 30 minutes for a 13x9x2-inch pan or till a wooden pick inserted near the center comes out clean. (For tube pan, cool on wire rack 15 minutes before removing cake from pan.) Cool completely.

For topping, in a bowl combine yogurt and the 1 teaspoon crystallized ginger. Cover and chill several hours before serving.

To serve, dollop each serving with the ginger-yogurt topping. Sprinkle with *nutmeg*, if desired. Makes 16 servings.

Nutrition facts per serving: 171 cal., 4 g total fat (1 g sat. fat) 1 mg chol., 99 mg sodium, 33 g carbo., 2 g fiber, 3 g pro.

COCOA PUDDING

By using cocoa instead of chocolate, you'll save 16 grams of fat and 190 calories per serving over homemade chocolate pudding.

⅓ cup sugar
2 to 3 Tbsp. unsweetened cocoa powder
4 tsp. cornstarch
1 12-oz. can evaporated skim milk
1 4-oz. carton frozen egg product, thawed
1 tsp. vanilla
Fresh fruit, such as strawberries (optional)

In a heavy saucepan combine sugar, cocoa, and cornstarch. Stir in evaporated milk. Cook and stir over medium heat till bubbly. Cook and stir for 2 minutes more. Remove from heat.

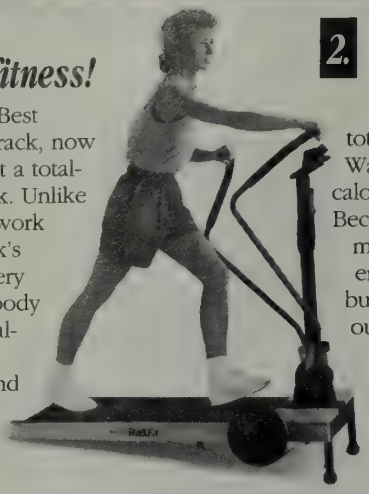
In a bowl place egg product. Gradually stir in *1 cup* of the hot cocoa mixture. Return mixture to saucepan. Cook and stir till slightly thickened; *do not boil.* Remove from heat. Stir in vanilla. Spoon pudding into 4 or 6 dessert dishes. Cover surface with clear plastic wrap. Chill for 2 to 24 hours. Do not stir. Serve with fruit, if desired. Serves 4 to 6.

Nutrition facts per serving: 197 cal., 4 g fat, 4 mg chol., 155 mg sodium, 31 g carbo., 10 g pro. ⌂

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DESIGN

Show Your Stripes

Give plain walls instant p[illegible] ence when you paint on strip[illegible] Here's how to do it:

Materials: Pencil, ruler, le[illegible] painter's masking tape with m[illegible] adhesive (available at paint stor[illegible] and two latex colors. *Note:* Av[illegible] ordinary masking tape, which m[illegible] tear up bits of paint when remov[illegible]

Instructions: First, test your co[illegible] combination by painting a piec[illegible] scrap wood with the lighter pa[illegible] color and letting it dry. Paint stri[illegible]



of the darker color on top to [illegible] how it changes when painted o[illegible] the lighter hue. You may need [illegible] change one or both colors to [illegible] the effect you're after. Once sa[illegible] fied with the results, paint a b[illegible] coat of the lighter color over [illegible] entire surface. Let dry 24 hours.

Using a ruler for measuring an[illegible] level for marking lines, mark off [illegible] stripes on the walls with a pen[illegible] Mask off every other stripe (part[illegible] ly covering the stripes that will [illegible] the color of the base coat). Press [illegible] tape firmly so paint won't se[illegible] underneath. Paint the darl[illegible] stripes, but before they dry co[illegible] pletely, remove the tape.

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x, Inc. 1994

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PETS by Bob Devine

Shape-Up Routines
for Rover and Tiger

Wouldn't it be heavenly if we could come up with a fitness program and then force somebody else to live with it?

Maybe heaven doesn't have to wait. Just whistle for your dog, or call, "Here, kitty, kitty, kitty," and the answer may come padding around the corner.

Think about it. Dogs and cats can't formulate a wellness plan. But, with your expert guidance, they can improve their lives, and you can get the satisfaction of carrying out a program without changing your personal habits.

A moment on the lips. Take diets, the scourge of fitness programs. Perhaps you've noticed that Tiger can barely squeeze through the cat door or that Rover is mistaken for an ottoman.

Resolve today that you and your family will stop overfeeding your pets, that you'll provide them with scientifically formulated pet food that supplies their particular needs, and that you'll quit giving them table scraps. Even if your pet isn't obese, a more nutritious diet would help in subtle ways, such as by giving its coat more luster.

Hup, two, three, four. Thoughts of dieting inevitably lead to that other venerable fitness regimen—exercise. But putting Rover outside, even in a spacious backyard, doesn't guarantee that he gets enough exercise.

You and your family must ensure that your pet has an adequate workout. Take your pet for walks (you can leash-train cats). Throw a ball for your dog to chase. Let your cat follow a flashlight beam. Eventually,



your pet should get at least 20 minutes of vigorous exercise a day. Keep in mind that pets are susceptible to the same initial problems that weekend athletes encounter, so start slowly and build up to more strenuous workouts.

Here's looking at you. Take a minute to consider your pet's appearance. Does your Yorkie resemble a mop?

Pets need frequent grooming, not only to look sharp but also to avoid uncomfortable and sometimes serious medical problems. Brush longhaired, outdoor animals daily and other animals as needed to prevent matting. Badly matted hair can cause a pet's skin to turn soft, bleed, and become vulnerable to bacteria. Besides brushing, certain breeds, such as poodles, cocker spaniels, and Lhasa apsos, need to have hair removed from their ears every six to 12 weeks to avoid infection.

Your grooming routine should include clipping nails and dewclaws, especially on indoor pets. This prevents ingrown nails and claws and saves your carpets and furniture.

"You never talk to me." Don't take your pet for granted. Pay attention to your dog or cat. Play with it. Cuddle it. Enjoy it. Let Rover ride along when you're doing errands. Hold Tiger while you're watching TV. Remember that your pet is part of the family.

What's up, Doc? Looking for an easy way to show your pet you care? Take your pet for an annual exam and needed vaccinations. A simple way to remember is to schedule the visit for a time near Valentine's Day, then do it at that time every year. Veterinarians can detect ailments you may not notice, test for such conditions as heartworm, and perform preventive dentistry.



If you devise a fitness program for your pet and stick to it, you may find that you get as much out of it as Rover or Tiger. And, because many of these steps require commitment and discipline on your part, maybe next year you'll resolve to take care of yourself as well as you take care of your pet.

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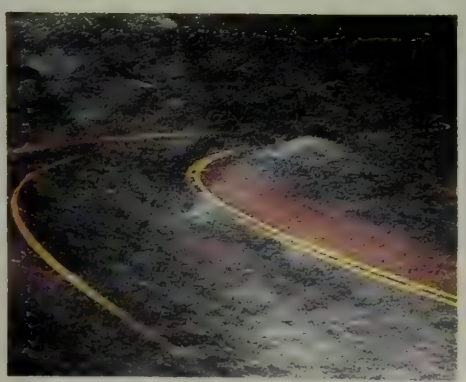


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auto update

FEBRUARY 1994



STUCK IN THE SNOW?

Try these proven tips before going to the hassle and expense of hiring a tow truck

- Turn front wheels back and forth to clear the area ahead of them.
- Remove as much piled snow as you can from in front of and behind the wheels.
- In a higher gear, use very little pressure on the accelerator to try to move forward.
- When the drive wheels begin to slip, gently engage reverse and lightly accelerate backward.
- Don't get frustrated and accelerate madly. You can turn the snow to ice on the tire, and dig yourself in deeper. You may even overheat and explode the spinning tire.
- If you must be towed, leave your transmission in neutral so your car won't bolt ahead or back when the drive wheels finally find traction.
- Always carry a folding shovel; strips of carpet or some cat litter for traction; a two-foot-square piece of ½-inch-thick plywood to go under your jack, should you need it to lift the drive wheel in order to insert traction materials; and a towrope or chain.

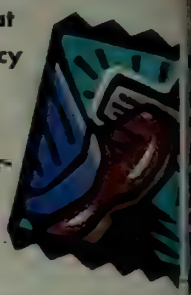


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Antilock brake

Don't leave home without them

You've probably been there: An icy patch on t road, a frantic foot to t brake, the start of a sk and you can't steer! Yo wheels have locked, ar you're at the mercy of the road. In an emergency, most drivers instinctively stomp on the brakes, risking whe lockup and loss of control. Now, antilock brakes (ABS) allow you to come to a safe stop and steer around obsta cles. Sensors notify the ABS computer when a brake is about to lock. The computer then releases and reapplies hydraulic pressure to th brake, repeating the cycle more than a doze times per second.



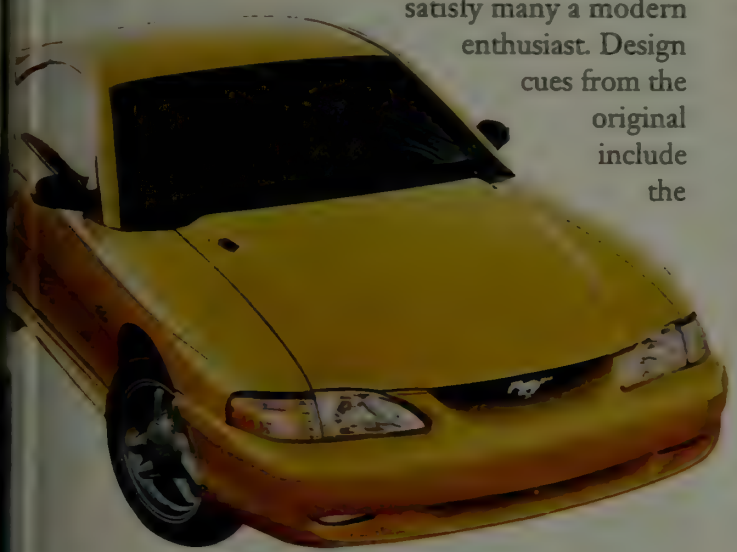
The main caution with ABS: Don't pump the brakes; just maintain steady pressure. In a panic situation, stand o the brakes. The point is to let ABS do the work, while you steer safely. You can get ABS on mo new cars and trucks—a standard equipment or as an option ($500–$1,200 or so).

PONY PIZZAZZ

The All-New Mustang Cruises Down Nostalgia Highway



Holy Detroit! The Mustang is 30 years old, and Ford is celebrating with an all-new model that harks back to the original, even as it roars ahead with enough power to the rear wheels and close-to-the-road handling to satisfy many a modern enthusiast. Design cues from the original include the chrome pony emblem in the grille, triple-lens taillights, and distinctive body-side lines. The new Mustang comes in two styles, a coupe and a convertible. Both styles feature much stiffer torsion and bending in the body structure, which allowed engineers to tune the suspension for a far better ride. The base car models come with the 3.8-liter V-6; GTs offer an even zippier 4.9-liter V-8. Five-speed manual and four-speed automatics are available on both. The convertible top folds into a well; a hardtop is optional. Ford is also keeping its Mustang tradition of affordability: from $13,365 for the base 3.8-liter V-6 manual, to $21,970 for the GT convertible. All models of the new Mustang are equipped with dual air bags and four-wheel disc brakes; ABS is optional. A killer 460-watts sound system option could prove irresistible to diehards with the extra $670 to spare.



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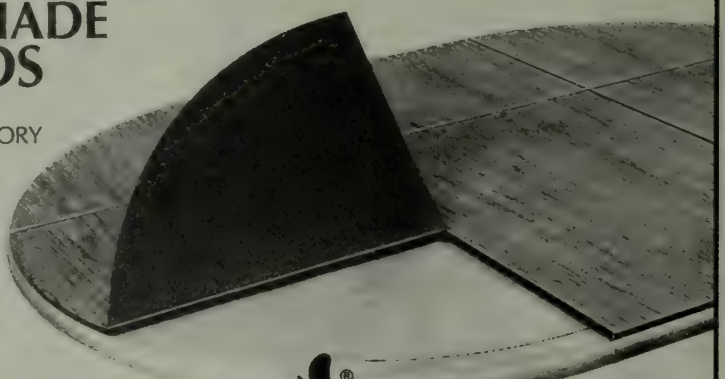
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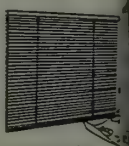
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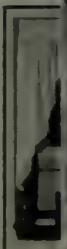
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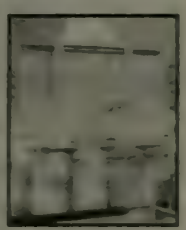
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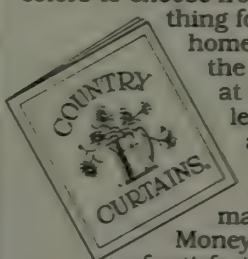
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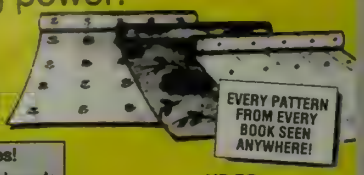
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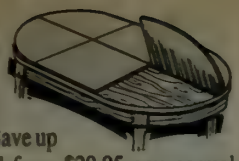


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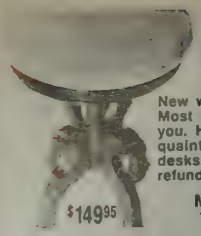
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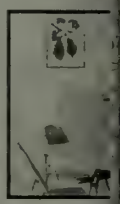
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the man next door.

Dot Dresch reports that the really scary sounds she used to hear coming from under her bed when she was a child are now emanating from her washing machine.

"One of the big problems in Washington," declares Congressman Nick Hanfli, "is that we have too many fact-finding committees and too much reluctance to face the facts once they've been found!"

Grandpa Hillis confides that one of the nicest things about reaching his 70th birthday is that he's beginning to feel right at home among Grandma's antiques.

After his last trip to the movie house concession stand, Bill Minchin remarked, "At these prices, they could at least put the menu board in French."

"Parents should hug their children every chance they get," the Rev. George Hall declared last Sunday. "After all, there will probably soon come a time when they won't let you."



"Your license plate is too cute."



"Pity George can't be here to see this."

Home remodelers frequently strive for traditional authenticity, Grandma Hillis notes, but none of these folks puts the bathroom where she remembers it used to be.

One of our industrious office workers is named "Vilma," but phone customers invariably translate it as Velma, Wilma, Thelma, or even Selma. We all know who they mean, however, and we appreciate the daily reminder that she does the work of five people.

Christine and I have been having some difficulty deciding which long-distance service is the most economical, but our Rosemary—home from college for the weekend—said that she's discovered it is calling collect.

Years of experience on the luncheon circuit have taught editor Earl Reeves that speakers who apologize in advance for their speech-making deficiencies always go on at excessive length just to prove the point.

~Parents' night at Judy's school was billed as "Meeting Our Children's Needs," which Christin and I suspected was an indirect appeal for more funding.

On the way to the meeting, we talked about how we made do with less when we were kids, and that better facilities and more equipme won't solve every education proble

But principal Gael Humphrey ha another priority in mind. "Take time each day to talk with your chi dren," she urged. "Read to them, ask them about their day's events. Show an interest in their activities

A child whose efforts are recognized and appreciated, she said, w become an even better student.

To Chris and me, that made grea sense. In today's busy world, it is sometimes so easy to concentrate o giving the children what we didn't *have when growing up that we for get to provide them with what we* did *have.*

Burton Hill

R HOMES AND GARDENS
March

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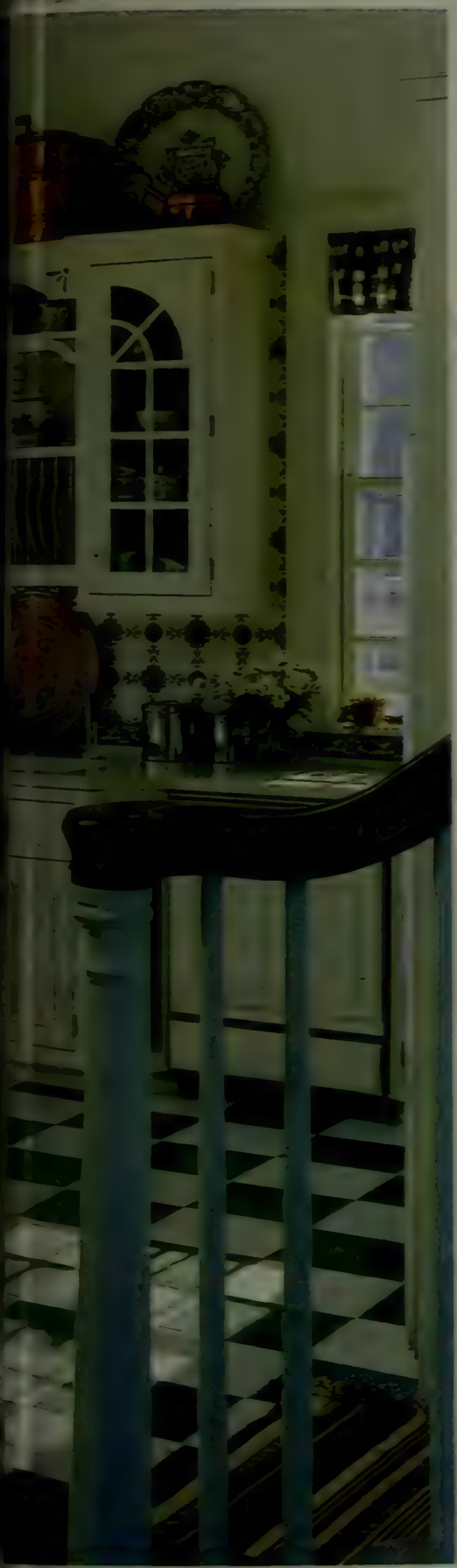
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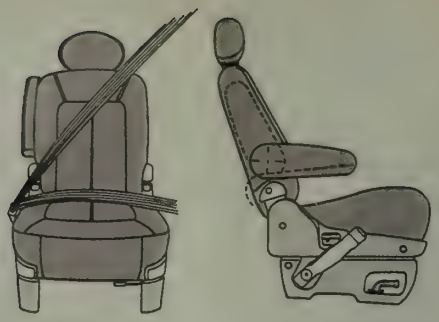
Millions of tiny grains of color, applied layer by layer, create the uniquely rich, handcrafted look of a Solarian Inlaid Color floor.

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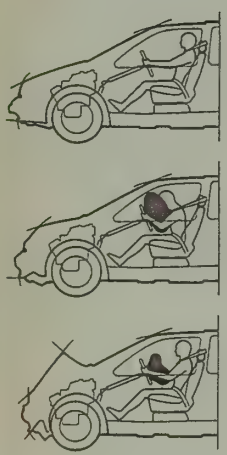
The Height of Fashion Right at Your Feet



The Quest is equipped with a standard driver's side minivan airbag. Overprotective parents need protection, too.*



Three-point safety belts as well as head restraints are found on the outboard positions in both the second and the third rows.



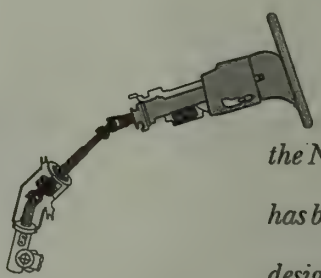
The Nissan Quest features an energy-absorbing front crumple zone, strategically placed safety stops and hood buckling creases.



Overprotective parent

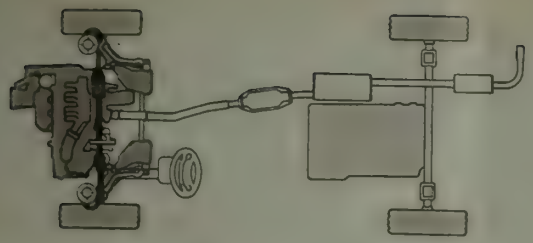


A standard 4-wheel Anti-lock Braking System on the GXE model helps maintain greater steering control during emergency hard braking.



Similar to the front crumple zone, the steering column in the Nissan Quest has been specifically designed to absorb impact energy in the event of certain frontal collisions.

*Nissan Motor Corporation U.S.A. Smart people always read the fine print. And they always wear their seat belts. *Minivan airbag can provide added prote*



The V6, 151-hp engine rests in front, which gives added weight over the drive wheels, which gives the Quest better driving traction, which gives you added peace of mind.



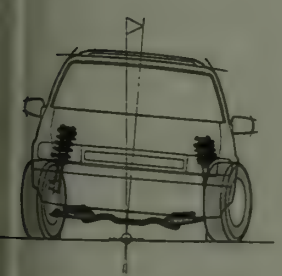
In the event of a side impact collision, passengers in the Quest enjoy the added protection of thoughtfully designed steel side-door guard beams.





The sliding side door has a child safety lock to help prevent any child-induced accidents.

f the world, rejoice.



A front stabilizer bar helps keep the Nissan Quest level during cornering or lane changes.

Presenting the 1994 Nissan Quest. It's the first minivan to have successfully combined the handling characteristics of a car with the defensive properties of an armored vehicle (figuratively speaking, of course). For additional information, please call us at 1-800-NISSAN-3, ext 286.

NISSAN

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when used with seat belts. Nissan Quest was designed to meet 1994 Federal Motor Vehicle Passenger Car Safety Standards except models with privacy glass.

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PERRY STRUSE

Some people buy stock. I buy quilts. And while they both may be good investments, there's one small hitch. I can't bear to sell, even when the market is right and the price is high. There has been too much love stitched into each quilt for me to treat it like a stock certificate.

For generations, quilters, mostly women, have spent spare moments piecing and sewing while they rested from their chores and reflected on their lives. I often wonder what life was like for those colonists and pioneer women making new homes in new places and for the women of the '30s struggling through the Great Depression. But, no matter what the conditions, the quilters all shared the same sense of creativity and spirit of ingenuity, eking one more incarnation out of bits of worn clothing.

Even in my own childhood home, where nothing was wasted, pieces of cotton and wool were recycled to make quilts—not exquisitely patterned works of art, but simple patched quilts to protect us against nighttime cold. Each quilt was like a family album of fabric with patches recalling favorite clothes, people, even events.

There's a joy to owning quilts that goes beyond financial investment. That's very clear in our feature "Master Pieces" (*page 83*). So, let the stock market do what it will. I'll stick with my quilts, thrilled by their patterns and warmed by the stories they hold that I can only imagine.

Jean LemMon

Jean LemMon, *Editor in Chief*

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"How To Lose Weight... Without Going On A Diet"

By J. T. Cooper, M.D.

A unique new weight-loss program has been discovered by a team of harmat- physicians ... doctors who specialize in ing the severely obese. It was further veloped and tested at clinics in Waycross Marietta, Georgia.

Up until now the program has been one of best-kept secrets in America. Because ***only been available to doctors***. No one e. In fact, it's been used by 142 doctors in U.S. and Canada to help over 9,820 ients lose weight. So it's doctor tested. proven. This is the *first time* it's been ilable to the public.

The program is totally different from most erican "diet" plans.

It's different because it *lets you eat*. Good And lots of it.

In fact, people on the program are actual- encouraged to eat up to six times every y.

They enjoy three regular meals. Plus ree or four snack meals. So they don't feel ngry. They don't feel irritable.

Best of all, they're *losing weight*.

I'm sure you're wondering. "How can a rson eat so much and still lose weight?"

The secret is not in the amount of food you t. It's in the *prescribed combination* of ds you eat during each 24-hour period. utritionally dense portions of special fi- er, unrefined carbohydrates and certain oteins that generate a calorie burning ocess that continues all day long ... a mplete 24-hour fat-reduction cycle. Me- bolism is evened out, so fat is burned away round the clock. Not just in unhealthy rts like many diets. That's why it lets u shed pounds so easily. Without hunger. ithout nervousness.

And it's all good wholesome food. No range foods. You'll enjoy a variety of eats, chicken, fish, vegetables, potatoes, asta, sauces — plus your favorite snacks. ven some light wine or beer if you wish.

There are other benefits too ...

- There are no pills. No amphetamines. No drugs of any kind.
- There are no powders. No chalky-tasting drinks to mix. No artificial foods of any kind.
- There's no strenuous exercise program.
- You don't count calories. Just follow the program. It's easy.
- You eat foods you enjoy. Great variety. Great taste.
- You can dine out.
- There's much less fluid retention.
- There's no ketosis. No bad breath odor.

But here's the best part ...

Once you lose the weight, you can keep it off. Permanently! Because you're not hungry all the time.

Because the Clinic-30 Program lets you *continue your normal eating lifestyle*. You can snack in the afternoon. Snack before dinner. You can even snack at night while you're watching T.V.

Here are some actual comments from people who participated in the program ...

- Susan T. is a 29-year-old computer programmer. She went from 171 to 153 in just 50 days.

"I bring home a lot of stress and it makes me start gaining weight. But not this time. The weight's off and it's staying off. I've been slim for over a year now."

- Stacy H. is a 36-year-old nurse who's only been on the program for 3½ weeks and lost 11 pounds.

"I'm so grateful for a program that allows me so much food and so many snacks. I've tried dozens of diets. But I was always hungry. Now I can even walk by the nurse's station (where they keep the donuts) without hesitation. Thank you."

- Reverend Donald F. is a 42-year-old minister who went from 227 to 179 in just four months.

"In spite of church suppers, I've lost almost 50 pounds in four months and I'm not having a rebound gain. Both my wife and I enjoy the meals greatly."

- Renate M. was a G.I. bride from Germany who went from 203 to 141.2 in 8½ months.

"I believe I was a participant in every weight-reducing plan there ever was. I failed at all of them. Then, about two years ago, I started the Clinic-30 Program. And I haven't regained a pound. Not one."

This is the first time the Clinic-30 Program has been available outside of a clinical setting. It's being distributed by Green Tree Press, Inc. in Erie, Pennsylvania.

We'll be happy to send you the complete program — including the full maintenance program — to examine for 30 days. Show it to your own doctor. Try it yourself. There's no obligation. In fact, we won't cash your check for 30 days. Feel free to postdate it 31 days in advance, if you wish.

Choose a day and start the program. If you don't begin losing weight within three days — and continue losing weight — we'll promptly return your ***original uncashed check***. No delays. No excuses.

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To receive the program, just send your name, address and postdated check for $12.95 (plus $3.00 shipping/handling) to The Clinic-30 Program, c/o Green Tree Press, Inc., Dept. 554, 3603 West 12th Street, Erie, PA 16505.

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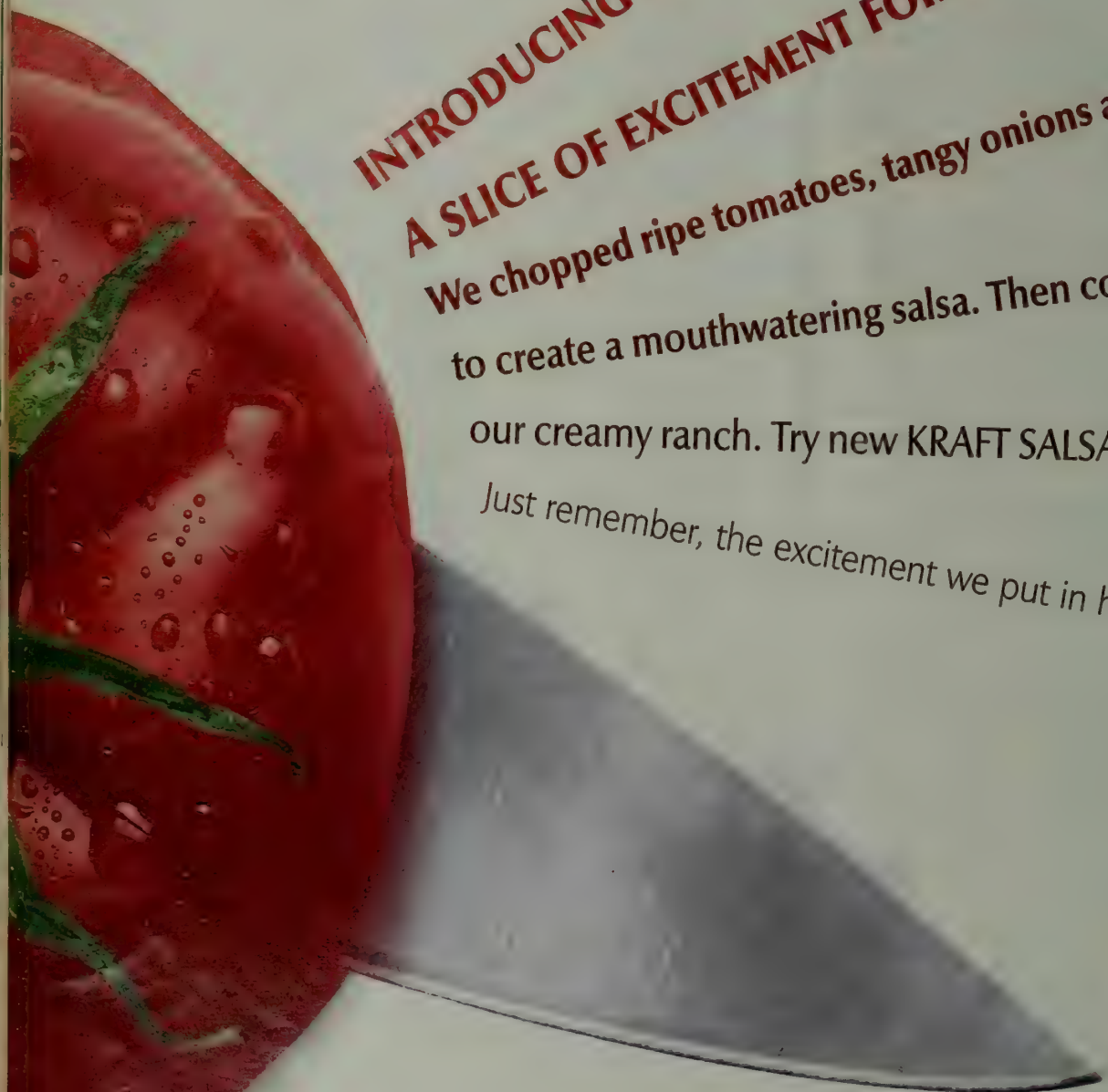
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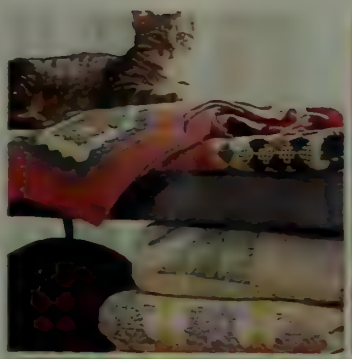
Put some salsa on your s d.

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Better Homes and Gardens (ISSN-0006-0151) is published monthly at $17 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. **Subscription prices:** One year $17 in the United States and its possessions. Canada, add $12 per year. Other countries, add $12 per year. Trademark registered in Canada and Australia. Marca registrada en Mexico. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. BOX 4536, DES MOINES, IA 50336-4536. MARCH 1994. VOL. 72, NO. 3.

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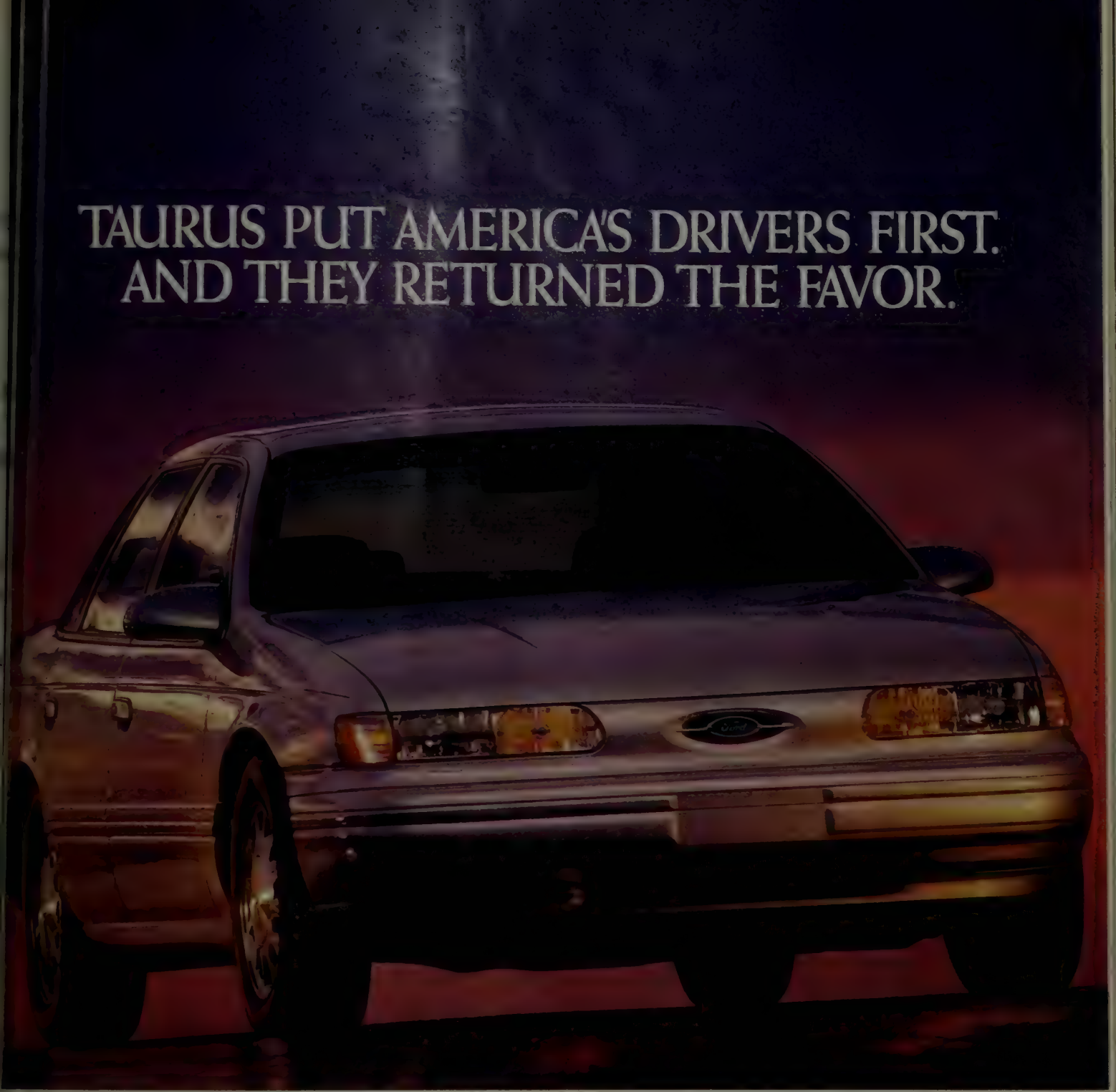
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READERS' SOLUTIONS

HOMEWORK WOES

When our son didn't want to do his reading assignments, we suggested he tape himself reading the stories aloud and then listen to the tape. He is strengthening his oral reading and listening skills and no longer dreads his assignments.

Debra Harper
Vienna, Ill.

PHOTOS COMFORT YOUNG PATIENT

Before my daughter had open heart surgery, I took snapshots of our family members in familiar settings. Then I enlarged them and put them in her room in the hospital's Intensive Care Unit. She was really comforted by these pictures.

Kathy Holland
Erie, Pa.

COLLEGE SHOWERS

When a teenager in our family is preparing to leave for college, we give them a "used-a-bit shower." Everyone finds used items to pass on, such as pots and pans, pizza pans and cutters, rugs, glasses, and dishes. Some purchase cans of soup, toilet paper, pastas and sauces, stamps, or boxed dinners. These useful items send the kids off smiling.

Elma Guyer
Taconite, Minn.

WHINING TOWEL

Friends of mine who have two small children have a rule in their house: no whining. Whenever someone whines, another family member grabs the "whining towel" that you must wear on your head while you whine. The whiner feels so ridiculous—and the others are chuckling so much—it puts an end to the whining.

Marianne McClary
Scottsdale, Ariz.

INVALUABLE REFERENCE

As my parents and in-laws grew older, I began a notebook with information we would need if an emergency or death occurred. The notebook includes name, address, phone, birthday, driver's license, Social Security, and car license numbers; banking information; doctors; insurance companies and policy numbers; and the make, color, and model of their cars.

Pamela Stewart
Moreno Valley, Calif.

BIRTHDAY DONATION

My nieces and nephews get so many gifts for their birthdays that they forget who gave them what. Instead, I've started donating a small sum of money in the child's name to a worthy place, such as a museum, aquarium, or zoo. Then I give them a card explaining the donation and enclose a coupon for a trip to that place with me.

B. Eggert
Dallas, Texas

WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of Better Homes and Gardens®. We will pay $50 for each idea published.

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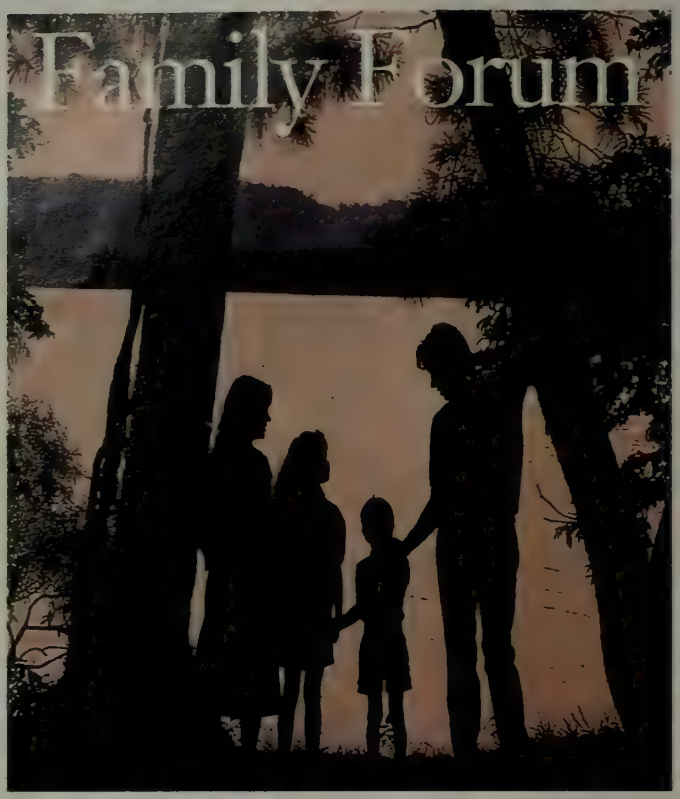
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Family Forum



THE VOICE OF MORE THAN 10,000 READERS

Since it's a concern we face every time we turn on the tap, there's little surprise that *Better Homes and Gardens*® families regard water pollution as the greatest environmental problem of the day.

This apprehension about water quality was one of the results of the Family Forum Questionnaire published last May. More than 10,000 readers took time to give us their opinions about issues touching the earth.

Surveys came in from every region of the nation. The typical respondent was a woman in her mid-40s. In addition, more than 1,000 surveys came in from school groups, mostly sixth and seventh graders.

Results show you are concerned about the environment and are taking action to do your fair share. But you have contradictory feelings about the impact government, business, and environmental groups have on these issues. Many of you trust environmental groups, but few join them. You believe the government will tell the truth about the environment, but you don't believe the government is doing as much as the business community to solve the problems.

Question by question, here are the survey results:

What are the worst environmental problems facing our country today? Selecting from 13 options, readers say water pollution is the number one problem, followed by deforestation. In order, other problems are: air pollution and smog, ozone depletion, nuclear wastes, landfill overcrowding, overdevelopment/urban sprawl, toxic waste disposal, species extinction, global warming, indoor air pollution, acid rain, and power-line radiation.

Do you use public transportation regularly? Only 11 percent say yes.

If public transportation was safe, clean, and convenient, then, 70 percent would hop on board.

Have you seen "green" advertising? Nearly 88 percent of you have seen ads in recent years for products claiming an environmental benefit of some kind.

Do you believe those "green" advertising claims? About 58 percent believe half of the claims, and 32 percent accept few.

In your family, who is the household environmental expert? Mom takes the title. She topped the list with 76 percent.

What are you doing to help the environment? Wow! Eighty-four percent of you are recycling. Imagine how few would have answered the same way only 10 years ago. Other action now includes using low-phosphate detergents, 63 percent; cutting back on lawn chemicals, 62 percent; using low-flow faucets and shower heads, 56 percent; and driving a fuel-efficient car, 55 percent. Least popular? Raising fuel taxes.

Who can you trust for environmental information? Fifty-two percent of respondents feel that environmental groups are the most trustworthy source of information. Scoring poorly were schools, the news media, government, and—at the bottom—the business community.

What do you think of environmental laws and regulations? An overwhelming 77 percent of you believe laws and regulations are not strict enough.

Would you pay more for improved products? Few of you are eager to pay much more for environmental improvements in products, though there was some tolerance for a 5 percent increase if it benefits the earth.

Which groups are responding better to environmental concerns? Agriculture came out on top, followed by citizens, corporations and businesses, and—far behind—government.

The survey also generated 650 thought-provoking letters. Thank you. To answer a common criticism: Population issues were not addressed because we chose to focus on types of pollution, their effects on us, and our responses to them rather than their causes.

Complete survey results will be sent to Vice President Al Gore and other political leaders who shape our nation's environmental policies. ⌂



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TRAVEL | *by Lois Anne Naylor*

A New Generation of Tours



Tours used to mean a bunch of people shuffling on and off a bus as they obediently followed their leader—like an endless field trip. But no more. You can still leave the driving to them, plus the hassles of lining up hotel rooms and restaurants. But, instead of being confined to a bus, do as we did. Zoom in a helicopter to explore a glacier in the Canadian Rockies, or go on a soft adventure to hike in the Rocky Mountains. Our sampling of tours includes cultural forays, trips for grandparents and grandkids, and other special-interest outings. But you don't have to go on a tour to benefit from the group concept. Independent packages let you save money on your family vacation to places like Disney World, Cancun, or Europe.

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TAUCK TOURS

A New Generation of Tours

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A helicopter on Tauck Tours' Canadian Cariboos trip takes you to heights only experienced mountain climbers normally reach.

EXPLORING BY HELICOPTER

The whir of a helicopter signals the end of the first part of our Tauck Tour and the launching of the second, more adventurous phase. For five days, our group enjoyed the best of the new style of touring. We let someone else drive while we thrilled to some of the most magnificent scenery on our continent—the awesome grandeur of the jagged peaks of the Canadian Rockies towering above the Icefields Parkway. We watched bighorn sheep, deer, and bears in their natural environment. The time spent in the tour bus was offset by rafting and other excursions plus our choice of leisure activities.

We stayed in three legendary Canadian Pacific railroad hotels. It's almost impossible for individuals to get rooms in summer at baronial Banff Springs Hotel, the fairy-tale castle of Chateau Lake Louise, or the elegantly woodsy Jasper Park Lodge, but we had prime lakefront views.

TOUR TRENDS

- Less time riding in vehicles
- More leisure, less structure
- Multiple nights in the same lodgings
- Ordering off the menu and eating as individuals, rather than in a group
- Soft adventure options: ballooning, biking, rafting, hiking, horseback riding
- More opportunities to maintain a fitness program
- No name tags to peg you as a tour group member
- Added value—quality of accommodations and meals, tickets to sold-out shows

For dinner, we could dress up and go gourmet or eat in a more casual atmosphere. Because we didn't wear name tags, didn't sit together at long tables, and ordered off the regular menus, outsiders never knew we belonged to a tour group.

Now, soaring in a 15-passenger helicopter over evergreen forests we spot waterfalls and lakes as we fly to our lodge in the Cariboo Mountains in British Columbia behind the Canadian Rockies. Tauck Tours originally called what we're about to do heli-hiking. Deciding that sounded more rigorous than the actual activity, they now promote it as heli-exploring. A helicopter transports you to places otherwise accessible only to hard-core backpackers. After prowling around with a guide, you zoom in the chopper to another spot. Among themselves, the guides refer to it as heli-strolling—an interpretive experience in the fresh air.

continued on page 2

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A New Generation of Tours

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Following lunch, we're divided into four groups according to how strenuously we want to explore. Abe doesn't care if he walks a step. He's after keepsake photographs, while Mike, who hikes the Appalachian Mountains on weekends, longs to tackle the pinnacles of the Cariboos. Most of us fall in between.

Tauck Tours provides hiking gear, knowledgeable guides, and meals—including a high-altitude picnic—while participants explore the Cariboo Mountains, west of the Canadian Rockies.

The helicopter drops us in four locations. After my group lands at Bunny Buster, a winter ski slope, our guide, Dave, points out white alpine heather, pink heath, and navy blue alpine gentian. Then he explains how to distinguish the Matterhorn from Mount Robson, the Canadian Rockies' highest peak. The pace is easy. Next, the helicopter shuttles us to stark Milk Punch. We walk carefully to avoid injuring fragile tundra plants. The emphasis differs for each group. Flower hikers take time to smell the heather and study grizzly clawings. Power hikers spend time mastering the art of mountain climbing.

The second day, lodge manager Ernst, a native of the Swiss Alps, takes five people on a fast-paced hike. We learn about glaciers as we explore North Canoe Glacier, peering down into seemingly bottomless crevasses.

A toilet with a view. At lunchtime, the helicopter sets down on a mountaintop ridge so narrow it would frighten a tightrope walker. But the smell of brats and burgers sizzling on a giant grill convinces us to leap a narrow stream and line up for the simple fare. The outdoor facility keeps us almost as entertained as exchanging tales of the morning's adventures. The view from the commode atop an open hole features snowcapped mountains and a glacier, surely the world's most scenic pit stop.

After our picnic, a few people opt t
return to the lodge to use the spa, hav
a massage, or just relax. The rest clim
aboard the chopper for a final ren
dezvous. Ernst leads his hard-core hil
ers on a charge up a seemingly uncon
querable peak. Another group tackles
gentle slope then ridge walks whil
others continue their nature study.

You can find less expensive trips t
the Canadian Rockies than thos
offered by Tauck Tours. Many partic
pants say they choose Tauck because
provides value—quality accommoda
tions and meals along with a uniqu
experience. Jay, 41, who had neve
been on a tour before, says, "I got m
money's worth just from the room
and food. The guide, the heli-hiking
and everything else were bonuses."

The Cariboos trip offers an easy wa
to experiment with mountaintop exploring becaus
Tauck supplies boots, jackets, and backpacks. For mor
vigorous hiking or a change of scenery, Tauck feature
several other heli-trips in Canada.

The nine-day Canadian Rockies plus Cariboos tou
costs $1,940 per person, double occupancy, airfare extra
Contact a travel agent or ***Tauck Tours, 800/468-2825.***

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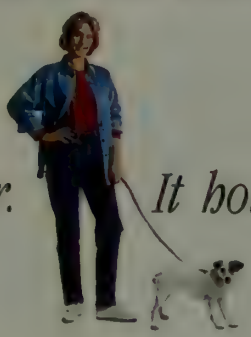


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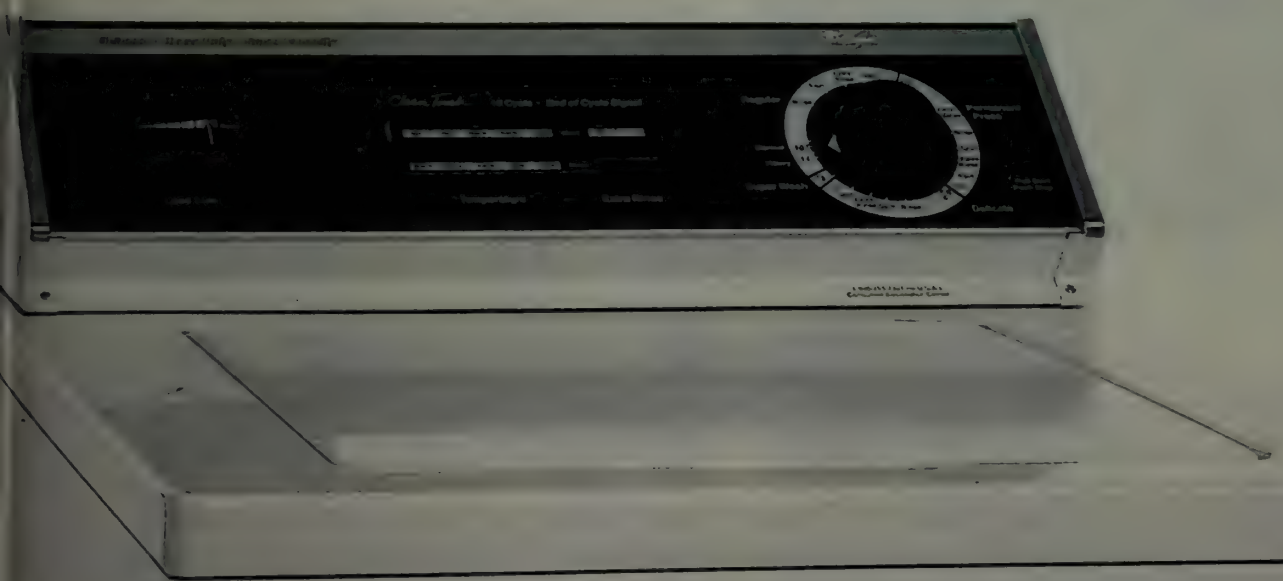
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A New Generation of Tours

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SOFT ADVENTURE IN THE ROCKIES

Sunday evening. Leaders Gary Baumgarten and Jonathan Kushner encourage the 13 strangers gathered around a Boulder, Colorado, restaurant table to introduce themselves and explain why they decided to join this Roads Less Traveled hiking tour in Rocky Mountain National Park. Debbie, 43, a government lawyer, figured an active vacation would serve as a challenging antidote to her desk job. Another lawyer, Claire, 43, came to spend time with her stepdaughters, Jenny, 15, and Carolyn, 13, both experienced hikers. Lynn, 46, a Rochester, New York, nurse, met her 22-year-old son, Dave, for some R and R from his stint in the service in Las Vegas. And I, I took the Roads Less Traveled trip because director David Clair said this new five-day hiking tour aimed at novices is popular with families, singles, and those over 50.





Guide Gary Baumgarten, left, leads Roads Less Traveled tour members on a hike in Rocky Mountain National Park. Many of the company's hiking and biking trips include rafting.

Monday. Squeezing into a 15-passenger van, we leave Boulder and ascend toward the Indian Peaks Wilderness Area. We wind our way up through forested slopes and see the promise of the sawtooth spires of the Rockies, streaked with slashes of snow.

On foot, our goal is to adjust to the breath-robbing altitude, but it feels like serious hiking as we zigzag up a steep trail, ford streams, and scramble over slippery rocks.

Snow-dappled peaks embrace one side of alpine Lake Isabelle, where we picnic. A waterfall splashes down over a jumble of boulders. The sky is the color of Paul Newman's eyes; rosy Indian paintbrush, purple snow daisies, and flowers the hue of sunshine create a vast bouquet at our feet. Gary and Jonathan spread out a banquet on a boulder gussied up with a red-and-white checked cloth. We heap our plates with exotic salads, fruit, and savory bread.

A leisurely downhill stroll takes us back to the van for a ride on the Peak to Peak Scenic Byway, where we get our first glimpse of Longs Peak, the area's most prominent at 14,255 feet. In the shadow of the Twin Sisters Mountain sits Baldpate Inn, a WWI-era lodge. A book, *Seven Keys to Baldpate,* inspired our inn's name and the tradition, begun by Clarence Darrow some 15,000 keys ago, of leaving a key there. After dinner, we head to the touristy main drag of Estes Park, nestled in the valley below. Returning, the van's headlights pick up a coyote slinking across our path.

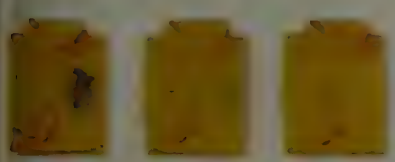
Tuesday. Deep in hiking country—Rocky Mountain National Park boasts more than 355 miles of trails—we face our longest day—nine-plus miles for those who choose the optional after-lunch trek to Loch Lake. We have lots of company on Glacier Gorge Junction Trail to Alberta Falls, but outlast the crowds. After 3½ miles punctuated by boulders and log bridges, we're rewarded with our most spectacular lunch setting. Dropping our day packs on a room-size rock, we marvel at the massive peaks and glaciers that surround Mills Lake. Jonathan uses bread to con a camp robber—a gray jaybird—to perch on his hand. Following an afternoon hike, we saddle up. Stunning mountain scenery helps compensate for a torturously slow horseback ride and so-so dinner steaks.

Wednesday. Driving along the U.S.'s highest continuous highway, Trail Ridge Road, we search for bighorn

continued on page 30



JUST A FEW REASONS TO RESIST THE TEMPTATION OF A BARGAIN.



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IF IT'S GOT TO BE CLEAN, IT'S GOT TO BE TIDE.

A New Generation of Tours

continued from page 28



Roads Less Traveled takes advanced cyclists on the Kokapelli Trail, but they, like many other outfitters, offer easier biking trips for riders of varying ages and abilities.

sheep and elk. Ponderosa give way to lodgepole pines while we climb toward the road's 13,327-foot apex. The tundra looks like a giant bonsai garden. With a growing season measured in weeks, stunted trees and plants have struggled for centuries to attain their lilliputian size.

Wind buffets us at the Forest Canyon Overlook while we gaze at the forbidding Never Summer Mountains. A brief, high-altitude stroll leaves us gasping. We pose for a group picture at the Continental Divide.

After lunch, we can ride to Rapids Lodge at Grand Lake, or hike six miles there. Lightning pierces the sky while we watch the van's taillights round a bend. The damp spruce and fir trees add a woodsy scent and help shield us from showers. Some go at a lively pace, others leisurely stroll. A fawn stops munching to see what we're up to, and mosquitoes sharpen their stingers in anticipation.

Thursday. The itinerary call for us to give our boots a brea while we raft the Colorad River, but a thunderous rai awakens us so we head t Steamboat Springs, about 8 miles northwest. Spirits damp ened by the storm, the atmos phere inside the van turns to National Lampoon-style famil car trip. "I'm hot. Open a win dow." "It's cold. Close the win dows." "I'm hungry."

Eventually, complaining take too much effort, and mos unhappy campers nod off t sleep, missing the trip's mos unusual scenery. Mile after mile of rock mesas to the east make u wonder if we took a wrong turn and landed in the Southwest.

Sunlight welcomes us t Steamboat Springs and Fish Creek Falls. The downhill path to the lower falls boosts morale, but the upper falls hide several miles up a vertical climb. A forest of aspen trees lures us into the lush emerald woods, where wild raspberries play peekaboo through a carpet of ferns.

During the after-dinner awards ceremony, Jonathan exclaims, "There's a bear outside." We rush to the restaurant windows and watch a black bear scamper along a creek bank then amble out of view.

Friday. At the East Inlet Trailhead, we take a short stroll to Adams Falls and pose for a final group photo. Heading for higher ground, we pass two meadows created by eager beavers. Two-and-a-half miles up we stop.

That night, those staying at Denver airport hotels gather for a last supper. Conversation turns to other Roads Less Traveled trips we'd like to take. What about all biking and bike-hike combinations? Should we return to Colorado, or explore New Mexico or Utah?

Rocky Mountain National Park Rambler costs $999 per person, without airfare. Five-day bike trips start at $695. Contact a travel agent or ***Roads Less Traveled, Dept. BHG, P.O. Box 8187, Longmont, CO 80501; 800/488-8483.***

continued on page 33

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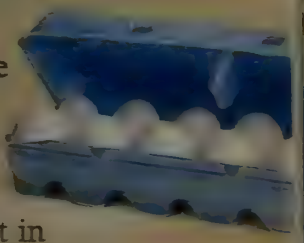


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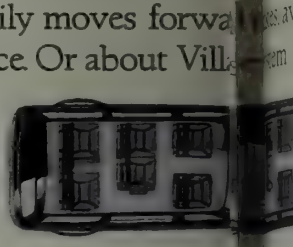
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A New Generation of Tours

continued from page 30



You can save money on your family vacation by booking an independent package through a travel consultant. Cancun is a favorite of independent travelers.

INDEPENDENT PACKAGES

Instead of a group tour, all you want is to save on your family vacation. According to Jeanne Epping, senior vice president of the American Society of Travel Agents, an independent package can save you 20 to 40 percent over à la carte prices. You reap the discounts from a tour operator's buying power while enjoying the flexibility of your own vacation. To get a package rate, you must buy two or more components of a trip. You can regulate the price by the type of hotel you choose. A travel agent can tailor packages similar to the following to suit your needs.

Disney World. Delta Dream Vacations provides many Disney World packages. A typical one from New York in May for two adults and one child 7 or younger includes airfare, seven nights in Disney's Port Orleans or Dixie Landings, a rental car, and unlimited admission to Disney's seven parks during your stay for $2,279 (subject to change). Depending on airfare, you'll pay $164–$1,511 more booking yourself. Call a travel agent or *800/872-7786.*

Hawaii. Pleasant Hawaiian Holidays has more than 300 packages. Get airfare from Chicago, seven nights at Waikiki's Pleasant Holiday Isle, and transfers for $815 per person, double occupancy—saving $330. *800/2-HAWAII.*

Cancun. June 6 through September 5, Sunbird offers a charter from San Francisco to Cancun that includes air, six nights lodging, and transfers from $469. Regular coach airfare (at press time) costs $650. Call a travel agent.

London. Trafalgar features six nights in a London hotel, continental breakfast, a sight-seeing tour, a theater ticket, and transportation passes; $399–$790. *800/854-0103.*

TOUR ORGANIZATIONS AND OPERATORS

Tour operators, such as those on *page 35*, offer services for families, recovering alcoholics, and other targeted interests. To learn more, contact a travel agent or one of these two tour associations.

United States Tour Operators Association. The 36 members of USTOA offer tours in the U.S. and abroad. Your payments are protected through USTOA's consumer protection plan should a company default or go bankrupt. For a member list and "How to Select a Tour or Vacation Package": *USTOA, 211 E. 51st St., Suite 12B, Dept. BHG, New York, NY 10022.*

continued on page 35

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After

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ontinued from page 34

National Tour Association. The National Tour Association's 600 members offer escorted bus trips in North America. Request a list of tour operators in your area as well as information about bus travel, safety, and healthy travel. *NTA, Dept. BHG, P.O. Box 3071, Lexington, KY 40596; 800/755-TOUR.*

American Wilderness Experience. Offerings of this broker of ranch vacations and backcountry trips include cattle drives, biking, and dogsledding—many OK for kids 8 and up. $75–$200 daily, all inclusive except air. *800/444-0099.*

IST. Local experts in eight countries lead tours or meet with independent travelers. In Egypt, a man who discovered two pyramids will give you insights into pyramid archaeology. $200–$300 per day; *800/833-2111.*



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Independent packages are popular to Europe as well as in the U.S.

Grandtravel. Grandparents and kids, 7–17, visit the Grand Canyon, see WWII battle sites, learn to surf, make pottery, or share other trips. *800/247-7651.*

Contiki Holidays. Travelers aged 18 to 35 can take budget-minded trips in the U.S. and overseas. *800/466-0610.*

For more travel information about your area, see the regional section starting after *page 184.*



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Raising an Adopted Child

Parents who adopt children often also adopt a set of anxieties. The questions I'm most often asked by adoptive parents reflect concern about telling their child about his origin as well as myths that persist about adoption. What these parents often forget is that the child is first a child, and the adoption really plays a small part in raising that child. The answers to these questions can help quell the myths, ease the anxieties, and begin focusing on the child as a child, not as an adoptee.



Adoptive parents need to realize that their adopted child is first a child.

Q: *Is it true that adopted children are more likely to have emotional problems as teens and adults?*

A: No. Parents of adopted children may be more tuned into their kids' psychological needs and, therefore, more likely to seek counseling for them. But being in counseling does not mean your problems are worse than those of someone who is not.

Q: *We recently adopted a baby boy. The social worker at the agency told us we should make the adoption part of "normal everyday conversation" from day one.*

A: A recent study found that too much attention given to the issue can cause as many problems as giving it no attention at all. Overacknowledgment can make a child feel different and, therefore, inferior. The study suggests that adoptive parents take a relaxed, middle-of-the-road approach to the issue.

Parents should certainly plan to tell a child that she was adopted. The best time to introduce the subject is between ages four and five, when children begin to realize that life has a beginning and an end. As a result, they begin asking questions about where babies come from. This age child is curious and capable of understanding the difference between being born into a family and being adopted.

Q: *My husband and I have a five-year-old daughter. We are thinking about adopting an older, hard-to-place child because the waiting period is considerably shorter. We are somewhat concerned about how this might affect our daughter.*

A: While I see no problem with adopting a second child, I think things will work out much better if you put yourselves on the waiting list for an infant or toddler.

Bringing an older child into your family would displace your daughter's status as firstborn. To tamper with a child's position in the family is also to tamper with that child's personality, self-concept, and security. This displacement could be devastating to her self-esteem.

The older adopted child may suffer as well. If the adoption proved disruptive to the family, the adopted child might feel responsible for that disruption.

Please don't misunderstand me, I'm not saying people shouldn't adopt older children. But before you do, carefully consider not only the needs of existing children in the family, but also the needs of the to-be-adopted child.

Q: *Seven years ago, I became pregnant out of wedlock and gave birth to a son. When he was 15 months old, I married a wonderful man who adopted my son and has a fantastic relationship with him. We have not yet told our son the facts of his birth, but feel that he ought to know.*

A: He needs to know, and he needs to hear it from you before he figures it out or hears it from someone else. Now is an excellent time to tell him.

A seven-year-old will be able to grasp the situation. A child this age can think more flexibly than a child even two years younger; therefore, he stands less chance of becoming confused.

Your son's reaction is likely to be more extreme if you wait until the rebellious period, which usually begins at age nine or 10, to tell him. He could interpret your delay as an indication that you are unsure of the relationship. That might be all the excuse he would need to encourage behavior problems. ⌂

Family psychologist John Rosemond's latest book is Making the "Terrible" Twos Terrific! *(Andrews and McMeel $8.95).*

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EDUCATION | *by Barbara Hall Palar*

The Invisible Handicap

DO YOU—OR DOES YOUR CHILD—HAVE A LEARNING DISABILITY?

Many adults, including noted artist Pat Buckley Moss, are finally discovering the truth about a handicap they've lived and struggled with all their lives. When Pat was a child, her teachers and friends told her she was "dumb and stupid and retarded." But she didn't let it bother her. "I always thought I'd just have babies and draw pictures." Six children and more than a thousand paintings later, she now devotes much of her time to telling kids that they can be successful, even if they have trouble learning as she did.

Pat has dyslexia, a type of learning disability in which printed letters seem jumbled. "I flunked everything in school," Pat says, even though she tried to be like her "smart" older sister. The defining moment came when a teacher read her composition in front of the class as an example of a failure. "After that, I didn't do compositions anymore. I just said, 'I don't want to.' Everyone thought I was belligerent, but I wasn't. I wanted to be good and I wanted to be smart, but I couldn't." Frustrated and bored because she couldn't read, Pat spent much of her time in class drawing pictures.

To stimulate Pat's interest, her mother enrolled her in a high school where she could take four art classes a day. Even there, Pat failed until her last year, when intelligence tests won her a scholarship to the Cooper Union, an arts academy in New York City.

All this time, Pat knew she was different. But she didn't have a name for her problem until she was nearly 40 years old. "I heard someone talking about dyslexia on the radio and I thought, 'Wow, that sounds like me.' "

Like Pat, Pete Wright grew up with dyslexia in an era when the disorder was largely unrecognized. Now a lawyer, Pete argued his first case before the U.S. Supreme Court last October—and won unanimously.

P. Buckley Moss and Pete Wright have soared to great heights despite their handicaps. Unfortunately, they are the exceptions. Many adults with learning disabilities still live with feelings of stupidity, not knowing that help is available to them.

What is a learning disability? Learning disabilities are permanent disorders that affect the ability to take in retain, or express information. Some experts say at leas 10 percent of today's school-age children have this hid den handicap, which is often referred to as LD.

Learning disabled people usually have normal o above intelligence. They can, and do, learn, but ma have trouble reading, writing, memorizing, and organiz ing. If the problem goes undetected, children with LI usually fail in school. They often misbehave out of bore dom. Pat had an outlet in her art, but many times thes frustrated children pour their energy into less fruitfu endeavors. Research shows that a high percentage o youths in detention centers have learning disabilities.

Early detection is critical. P. Buckley Moss live

continued on page 4

Can You Read This?

The following selection is from a second-grade textbook, written as someone with dyslexia, a type of learning disability, might "see" it.

Lan bof the Re inbeer.
Th eqeo ple of Lagla nbare cal leb Lagqs.
The yca met ot his col bland oft he no rth thous andso fy ear sapo. The ylivebint ents. They fo llow ebth erein beer whichmove bfro mqla ceto pla celook inpfo rfoob.

Below is the selection as most people are able to read it.

Land of the Reindeer. The people of Lapland are called Lapps. They came to this cold land of the north thousands of years ago. They lived in tents. They followed the reindeer, which move from place to place looking for food.


Some things were just meant to go together.
OSHKOSH
B'gosh
THE GENUINE article
Kids' clothes where everything goes

Invisible Handicap

continued from page 38

most of her life without putting a name to her disorder. But today, learning disabilities can be detected much earlier. Take Bryan, for example, a five-year-old who lives in Richmond, Virginia. When Bryan was 2½, his parents noticed he wasn't speaking as well as most children his age, and he wasn't playing with toys. Rigorous testing found "major delays" in Bryan's development, including severe learning disabilities. Before his third birthday, Bryan was learning how to learn.





P. Buckley Moss, *right*, has dyslexia. The famous artist has donated part of the proceeds from the watercolor "Reading Together," *above*, to the Orton Dyslexia Society.

Professionals specializing in learning disorders agree: the earlier caught, the better. Mel Levine, M.D., professor of pediatrics at the University of North Carolina, says sometimes a disability won't show up until middle school, high school, or even college, when different types of skills are used for learning.

"Once these kids understand what the problem is, it's amazing what they can do to compensate," Dr. Levine says.

What parents should do. If you have a child who seems unusually slow to develop in some areas, but capable, even advanced, in others, the youngster may have a learning disability.

First, discuss your concerns with professionals: your pediatrician or family physician, teachers, and counselors. Should the professionals also suspect that there is a problem, have your child formally evaluated, both through the public school system and by a private institution, if possible. Evaluations often are available at hospitals, social service agencies, and universities.

If your child is found to have learning disabilities, find out *exactly* what those disabilities are. Read as much information as you can about your child's disorders. Obtain the youngster's confidential school file—by law you are entitled to it—and keep it in a folder with the formal evaluations. You should also familiarize yourself with the Individuals with Disabilities Education Act. Under this law, schools must provide services for people with learning disabilities—including preschoolers and college students.

Bryan's mother also strongly suggests joining a support group for parents of LD children. "Only a parent who is going through this can truly understand," she says. The National Center for Learning Disabilities (NCLD) can help you find an organization in your area (*see page 42*). With these tools in hand, you are ready to work with the school to help your child learn.

Getting help at school. Schools are required to write an Individual Education Program (IEP) for children in special education programs. Parents should be heavily involved in writing these programs. The IEP usually contains information about the child's strengths, weaknesses, and a step-by-step plan of action.

Some schools isolate LD students, while others try to keep them in the regular classroom with minimal extra help. Linda Williams, executive director of the Learning Disabilities Council, says neither situation is ideal. One good approach, Williams says, involves an LD-trained teacher working with the classroom teacher in the classroom.

Bryan's experience this year as a kindergartner in a regular classroom has gone generally well, his mother says, but he is beginning to feel badly about his problems.

"Bryan becomes frustrated when he can't do things like the other kids, like draw or tie his shoes. He acts out his frustration by misbehaving or withdrawing from us.

"It's important for everyone—the teacher, the LD teacher, the therapist, and the parents—to communicate constantly," she says. "It has to be a team."

Besides receiving help through the school, many parents, including Bryan's, hire tutors.

For two years, starting at age three, Bryan's tutor worked with him twice a week. She helped him with numbers and colors and taught him to read. "She

continued on page 42

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Invisible Handicap

continued from page 40

believed in him 100 percent," his mother says. "She told us, 'This is a very intelligent child—don't let anyone tell you otherwise.' It just shows what one person believing in a child can do."

Off to college. College students with learning disabilities also are entitled to assistance, such as having lectures and textbooks recorded on cassettes and making special arrangements for taking tests.

Parents sending a young adult with LD off to college should make sure the student knows how to define and seek help for her disabilities, not only for academics but also for living arrangements. "They have to be able to do everything that freshmen do, plus they have to go to Professor So-and-So and say, 'I have a learning disability and these are the accommodations I need.' That's really hard," says Robin S. Barton, Ed.D., assistant director of the Regents Center for Learning Disorders at Georgia Southern University. Public colleges and universities are required to have a contact person to assist students who have disabilities.

Into the real world. Once out of school, the troubles of the learning disabled aren't over. Some are aware that their problems are learning disabilities; others have lived their whole lives thinking they're just plain dumb. While it's unclear how many undiagnosed LD adults are out there struggling with their disorders, Bill Ellis of the NCLD says he believes the number is sizable. It's helpful for some adults to be tested and diagnosed so they can get tutoring and learn how to read. A diagnosis also brings the sheer relief of knowing that they're not stupid, Ellis says. If possible, LD adults should seek professional help from specialists trained to work with adults.

Because of their language dysfunctions, many LD adults have social problems. "As people with LD grow up, they often don't learn normal social cues," Ellis says. "Their behavior can be very inappropriate, but they're oblivious to it. We get calls from people asking us to tell them how to get dates."

Learning disorders often manifest themselves in the work place as well. Under the Americans with Disabilities Act, it is illegal for employers to discriminate against people with any type of disability. If you have a learning disability, you may be eligible for special accommodations on the job. After you accept a position, you should explain your problem and work with the human resources department to determine how you will perform your job and how you will be evaluated.

In addition to tutoring and other accommodations, support groups also can help learning disabled adults surmount many obstacles. For information on a program in your area, contact the National Center for Learning Disabilities at the number given *below*.

FOR ADDITIONAL INFORMATION

- To order *Understanding Learning Disabilities—a Parent Guide and Workbook*, call 800/394-7940. Or send $21.70 (Virginia residents add $.90) to Learning Disabilities Council, P.O. Box 8451, Richmond, VA 23226.
- National Center for Learning Disabilities, 381 Park Avenue South, Suite 1420, New York, NY 10016; 212/545-7510.
- National Network of Learning Disabled Adults, P.O. Box 32611, Phoenix, AZ 85064-2611; 602/941-5112.
- Peterson's Guide to Colleges with Programs for Learning Disabled Students. Peterson's Guides, Dept. 5626, P.O. Box 2123, Princeton, NJ 08540.

CHARACTERISTICS OF LEARNING DISABILITIES

GENERAL CHARACTERISTICS: People with learning disabilities may do well in some areas, but very poorly in others. They may learn what is seen, but not what is heard; they may remember by writing, but not by reciting orally; they may have a short attention span, be impulsive, or easily distracted.

Below are other characteristics that often are traits of learning-disabled people. None of these behaviors alone or in moderation is cause for alarm. But if the traits are severe, or in combination with several others, chances are there's a learning disability that should be treated professionally.

PRESCHOOLERS: Does your preschool-age child:
- **have trouble completing puzzles?**
- **take a long time to learn information that others pick up quickly?**
- **have trouble following simple directions?**
- **bump into things while walking; have trouble understanding concepts like up and down, before and after?**
- **exhibit sudden mood swings, especially if your normal routine changes?**
- **have difficulty focusing on what you're saying if there is noise in the background?**

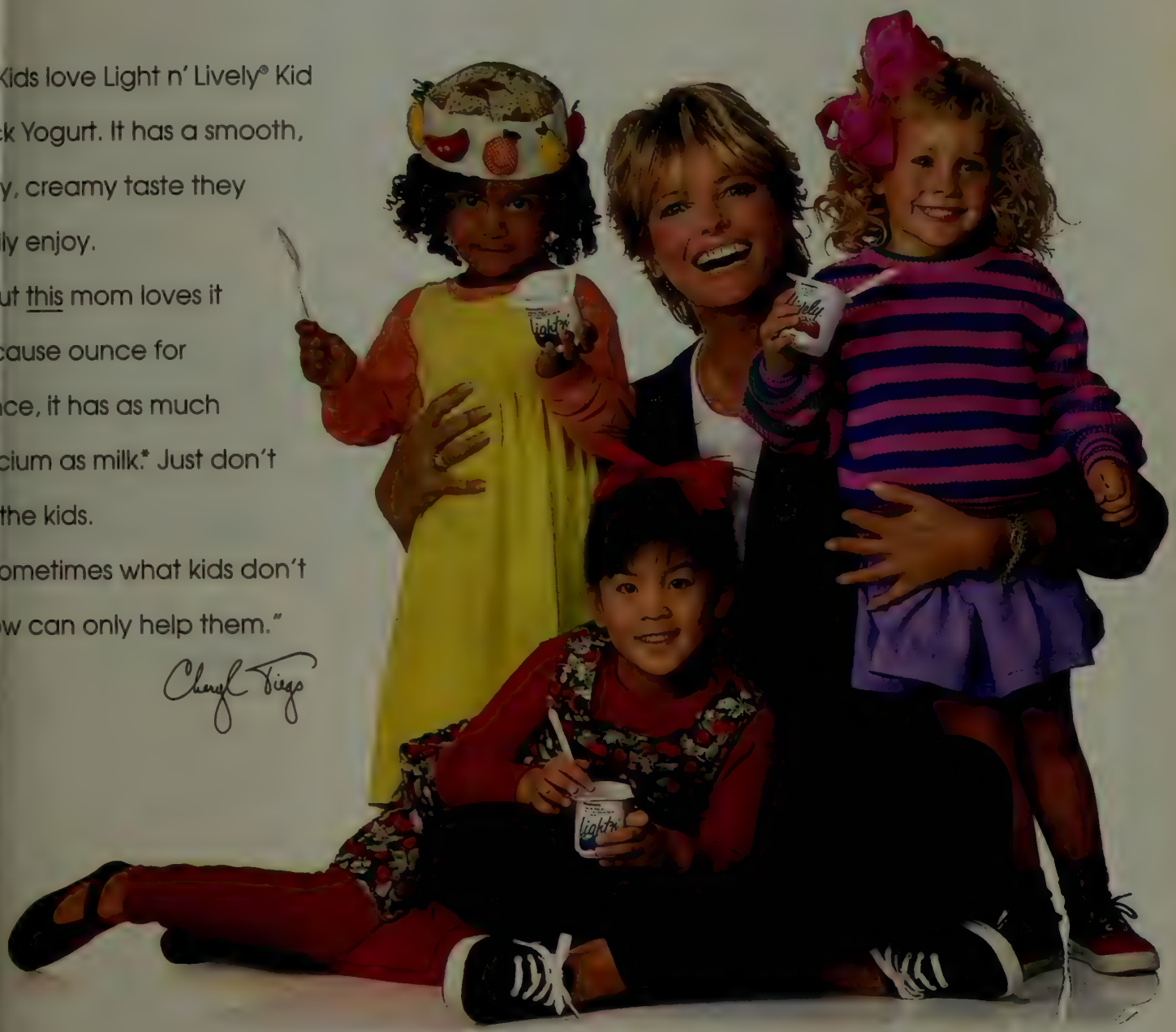
SCHOOL-AGE CHILDREN: Does your child:
- **reverse numbers and words like 6/9, b/d, was/saw in reading and writing?**
- **often forget books for homework?**
- **have trouble following spoken instructions?**
- **have trouble with memorizing spelling words and math facts?**
- **have an extremely messy desk and locker?**
- **read slowly, have difficulty learning phonics, omit or substitute words when reading out loud; spell a word correctly one time, then wrong several minutes later?**
- **seem immature, and have difficulty making friends?**

ADULTS: Do you, or does someone you love:
- **have trouble dialing phone numbers or reading newspapers?**
- **forget dates or errands?**
- **have trouble organizing, planning and making the best use of time?**
- **have trouble carrying on an organized, logical conversation?**
- **get lost easily or have trouble balancing a checkbook?**
- **avoid reading, spelling, and writing whenever possible?**
- **have difficulty interpreting body language, facial expressions, or tone of voice?**

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by Patricia Hittner

Your Medical History



When Diane Schuh's mother died of ovarian cancer, no one knew the deadly disease would threaten an entire line of women. But, gradually, the horrible reality began to unfold.

Several years later, Schuh's cousin developed ovarian cancer. Then, two other cousins and two aunts were diagnosed. Each woman suffered an agonizing, untimely death.

Schuh was terrified to learn she had a 50 percent chance of getting ovarian cancer. Similar odds also hung over the other women in her mother's large extended family. After consulting a renowned specialist, Schuh and 13 female relatives decided to beat the odds. They had their healthy ovaries removed during a procedure known as prophylactic oophorectomy.

Undergoing surgical menopause at age 34 was difficult, admits Schuh. At first, she experienced depression, mood swings, and hot flashes. Within a year, though, her body adjusted to the hormones and the symptoms faded.

Today, the 42-year-old wife and mother has no regrets. "I have two children and my main responsibility is to be there for them. I never want to see my children go through what I've gone through. I feel fortunate my generation has this option."

Tina Navarro, 32, has witnessed the ravages of diabetes in her family. The disease has struck her mother, father, grandfather, and two uncles. So she's doing everything possible to sidestep this serious health threat.

Because of her background, Navarro stands a good chance of developing diabetes. Therefore, she avoids excess sugar and has her blood glucose level checked frequently. She also exercises, a measure proven to reduce the likelihood of diabetes.

IN MANY CASES, THE ILLNESS LIES NOT IN OUR STARS BUT IN OUR GENES. HERE'S HOW TO IMPROVE YOUR ODDS.

Both Schuh and Navarro are trying to defy their genetic legacy, a strategy advocated by a growing number of physicians. And with good reason.

Researchers now know many diseases are either caused by or influenced by your genes, explains Aubrey Milunsky, M.D., a geneticist at Boston University Medical Center and author of *Heredity and Your Family's Health* (John Hopkins University Press, 1992). Certain conditions, such as diabetes, heart disease, and some cancers, are more strongly linked to heredity than others. Even susceptibility to infection is partly determined by genetics, say many experts.

These facts explain why it's so important to become familiar with your medical pedigree. Ideally, you should take stock of your family history by your early 20s, says Richard L. Grandjean, M.D., a family practitioner at Baylor University Medical Center in Dallas. This is the best time to make positive lifestyle changes. Most people, however, don't worry about inherited conditions until midlife, when concern often is triggered by caring for aging parents, explains Dr. Grandjean.

Regardless, it's never too late to improve your odds of living a long, healthy life. Here's how to take a measure of control over your place in your family medical history.

1. Research your medical heritage. Ask your relatives about every disease that's occurred in your family. If family members are no longer living, try to determine the cause of death. Some individuals may have had multiple ailments. You'll want to note each one.

Bear in mind that many people are reluctant to discuss

continued on page 46



DANDRUFF

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(ketoconazole) 2%

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*During clinical trials, at recommended dosage, adverse reactions were less than 1%; mainly an increase in normal hair loss and irritation.

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Please see brief summary of prescribing information on adjacent page.

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Prescription

NIZORAL®

(ketoconazole) 2%

Shampoo

Before prescribing, please consult complete prescribing information of which the following is a brief summary.

INDICATIONS AND USAGE: NIZORAL® (ketoconazole) 2% Shampoo is indicated for the reduction of scaling due to dandruff.

CONTRAINDICATIONS: NIZORAL® (ketoconazole) 2% Shampoo is contraindicated in persons who have shown hypersensitivity to the active ingredient or excipients of this formulation.

PRECAUTIONS: General: If a reaction suggesting sensitivity or chemical irritation should occur, use of the medication should be discontinued.

Information for Patients: May be irritating to mucous membranes of the eyes and contact with this area should be avoided.

There have been reports that use of the shampoo resulted in removal of the curl from pemanently waved hair.

Carcinogenesis, Mutagenesis, Impairment of Fertility: The dominant lethal mutation test in male and female mice revealed that single oral doses of ketoconazole as high as 80 mg/kg produced no mutation in any stage of germ cell development. The Ames Salmonella microsomal activator assay was also negative. A long-term feeding study of ketoconazole in Swiss Albino mice and in Wistar rats showed no evidence of oncogenic activity.

Pregnancy: Teratogenic effects: Pregnancy Category C: Ketoconazole is not detected in plasma after chronic shampooing. Ketoconazole has been shown to be teratogenic (syndactylia and oligodactylia) in the rat when given orally in the diet at 80 mg/kg/day (10 times the maximum recommended human oral dose). However, these effects may be related to maternal toxicity, which was seen at this and higher dose levels.

There are no adequate and well-controlled studies in pregnant women. Ketoconazole should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nursing mothers: Ketoconazole is not detected in plasma after chronic shampooing. Nevertheless, caution should be exercised when NIZORAL® (ketoconazole) 2% Shampoo is administered to a nursing woman.

Pediatric Use: Safety and effectiveness in children have not been established.

ADVERSE REACTIONS: In 11 double-blind trials in 264 patients using ketoconazole 2% shampoo, an increase in normal hair loss and irritation occurred in less than 1% of patients. In three open-label safety trials in which 41 patients shampooed 4-10 times weekly for six months, the following adverse experiences each occurred once: abnormal hair texture, scalp pustules, mild dryness of the skin, and itching. As with other shampoos, oiliness and dryness of hair and scalp have been reported.

OVERDOSAGE: NIZORAL® (ketoconazole) 2% Shampoo is intended for external use only. In the event of ingestion, supportive measures, including gastric lavage with sodium bicarbonate, should be employed.

HOW SUPPLIED: NIZORAL® (ketoconazole) 2% Shampoo is a red-orange liquid supplied in a 4-fluid ounce nonbreakable plastic bottle (NDC 50458-223-04).

Storage conditions: Store at a temperature not above 25°C (77°F). Protect from light.

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Medical History

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conditions such as depression, mental retardation, birth defects, or multiple miscarriage. But if you are to get the best care, your doctor should know about conditions that might run in your family. Be tactful, of course, and explain why the entire family can benefit from your medical sleuthing.



Gather careful details on your parents, siblings, and offspring. There's a strong correlation between their genetic legacy and yours. But don't overlook your grandparents, aunts, and uncles; these "second-degree" relatives share one-fourth of your genes. Consider both sides of the family. The tendency to develop breast and ovarian cancer, for instance, can be inherited from either parent.

Diseases that strike two or more relatives should raise a red flag. Certain hereditary illnesses, such as cancer, heart disease, and Alzheimer's disease, are characterized by an early onset.

If relatives can't provide answers, death records may furnish valuable information. These are available through your state health department, usually for a nominal fee. Often, your relatives' doctors will divulge pertinent medical information on deceased relatives.

Many adult adoptees know little or nothing about their biological heritage. Because of increased knowledge of genetics, however, many agencies now release medical information. If you can't obtain these facts, contact an adoption reunion organization.

2. Lead a healthful life. Researchers are constantly finding new ties between heredity and illness. But genetics aren't always destiny, and there's a lot you can do to stay healthy. For instance, by some estimates, environmental factors trigger 90 percent of cancer. Most inherited health problems seem to arise from clusters of genes that make you more susceptible to the illness. That means your family history leaves you prone to certain conditions, but by avoiding the outside factors that trigger the illness, you may be able to short-circuit the process.

Commonsense advice includes not smoking, limiting alcohol, maintaining a normal weight, and eating low-fat meals. Include plenty of fruits and vegetables in your diet. Regular exercise reduces the risk of heart disease, diabetes, osteoporosis, colon cancer, and other problems.

"The crucial thing about disease is to prevent it if possible, and, if it does develop, to treat it as early as possible," explains Henry Lynch, M.D., a specialist in preventive medicine at Creighton University Medical Center in Omaha and president of the Hereditary Cancer Institute.

3. Get screened. Medical testing often uncovers problems long before symptoms develop. In many instances, early detection offers the best chance for a favorable prognosis. Your doctor may want to check for cancer, diabetes, glaucoma, hypertension, high cholesterol, or other conditions.

People with a strong family history of colon cancer or polyps should undergo a colonoscopy on a regular basis, beginning at age 25, urges Dr. Lynch. No one would call the test pleasant (though it shouldn't be painful), but it can furnish lifesaving information.

4. Be assertive. Although the connection between heredity and disease is well known, some physicians ignore this potentially lifesav-

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Your Medical History

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ing link, says Dr. Lynch. "It's really a problem. This connection is getting short shrift across the board, all over the world."

Diane Schuh knows this all too well. Two of her aunts died of ovarian cancer, each after spending at least six months trying to find the cause for her fatigue and abdominal bloating. Numerous doctors failed to consider ovarian cancer, despite the fact the women had lost several relatives to the disease.



TELL YOUR DOCTOR ABOUT EVERY ILLNESS IN YOUR FAMILY. IF A HEREDITARY PROBLEM IS DETECTED, TELL YOUR RELATIVES. AND LEARN THE WARNING SIGNS.

Therefore, Dr. Lynch recommends being your own advocate. Let your physician know about every illness in your family. If a hereditary problem is discovered, inform other relatives. And learn the early warning signs of these conditions.

You and your doctor should also consider your ethnic background. Many conditions are more prevalent among certain groups. Tina Navarro is well aware that being Hispanic is a risk factor for developing diabetes, a condition that affects several of her relatives.

5. Don't fret. Even if a disease "runs in the family," it's usually not certain you'll suffer the same problem, says Dr. Grandjean. "People ought to look at this with the idea they're not necessarily going to develop a particular disease. In my practice, I never try to scare anyone when I find a strong link."

It's true that some conditions, such as Huntington's chorea, arise from a single defective gene. People with these unlucky blueprints are destined to contract these diseases. Right now, individuals who possess a gene for rare inherited cancer syndromes can benefit from vigilant screening. Often, however, the information gleaned from your family tree is reassuring. After a professional evaluates the true risk, many people learn that there's a good chance of staying healthy.

For more information.

•To obtain free literature on compiling a family medical tree, write: March of Dimes Birth Defects Foundation, 1275 Mamaroneck Ave., White Plains, NY 10605. Or, phone 914/428-7100.

•For resources and support for women with a family history of ovarian cancer contact: The Gilda Radner Familial Ovarian Cancer Registry, Department of Gynecologic Oncology, Roswell Park Cancer Institute, Elm and Carlton Streets, Buffalo, NY 14263 (716/845-3110).

•A national resource that studies and assists families suffering from hereditary cancer syndromes is The Hereditary Cancer Institute, Creighton University, Department of Preventive Medicine, 2500 California Plaza, Omaha, NE (or fax your request to 402/280-1734).

PRENATAL TESTING

Every expectant couple fantasizes about the healthy baby they'll soon hold. Most of the time this dream comes true. About 3 percent of all children are born with a major birth defect.

Prenatal testing is usually offered to expectant mothers 35 or older or to women who've suffered repeat miscarriages. This technology can also benefit people with a family history of birth defects or couples from certain ethnic groups. Prenatal testing is usually advised after an abnormal maternal-serum AFP reading, a routine blood screen recommended by most obstetricians.

Amniocentesis and chorionic villus sampling can uncover chromosomal abnormalities in the fetus. If there's a problem, couples may elect to terminate the pregnancy. Although a normal chromosome study erases many fears, these tests can't detect numerous other developmental disorders or thwart misfortunes during delivery. Presently, the vast majority of defects cannot be treated in utero.

Some birth defects are preventable. Pregnant women should avoid alcohol and cigarettes and eat healthy foods. Taking folic acid supplements during early pregnancy reduces the risk of spina bifida and other neural tube defects. Ask your obstetrician.

Also, couples contemplating parenthood should gather a detailed family pedigree before conception. If there's a history of birth defects, a geneticist can guide them through this momentous decision.

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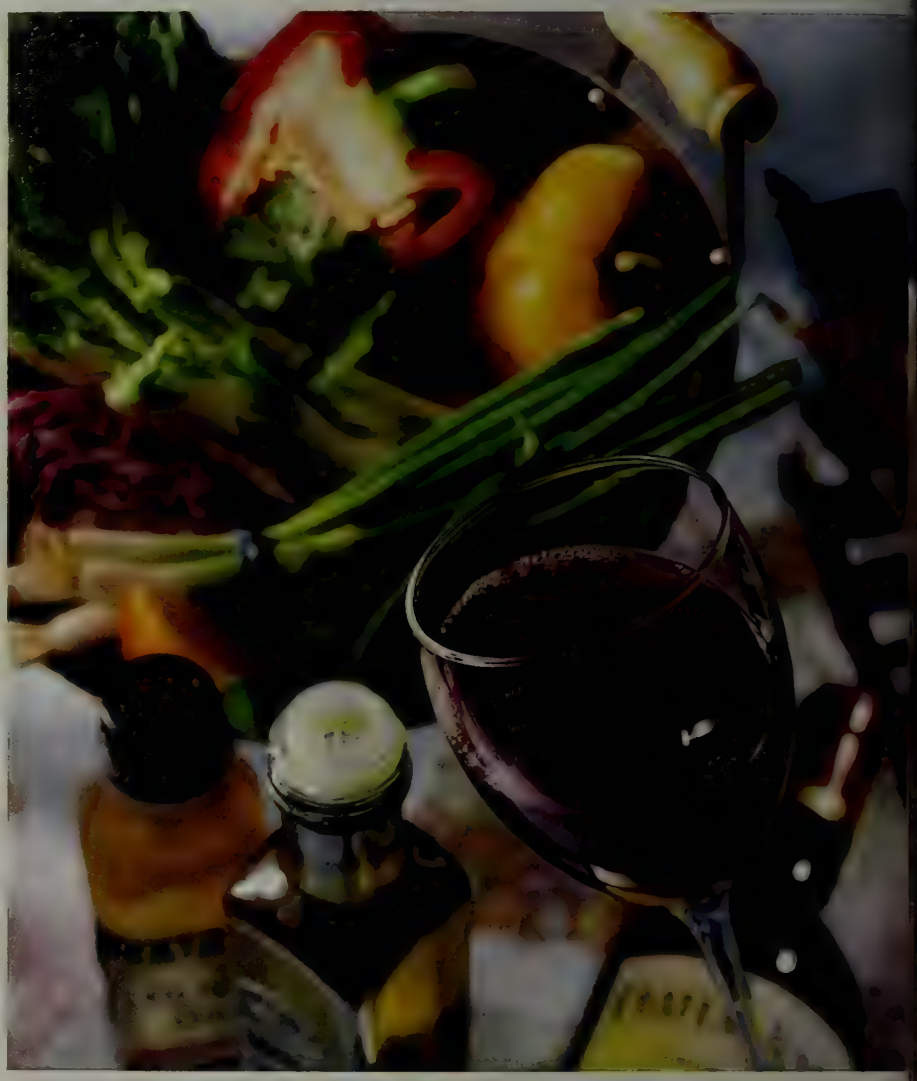
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The World's Best-Kept Diet Secrets

by Edward R. Blonz, Ph.D.



The French Paradox, The Mediterranean Diet, The Rice Bowl Regimen. More and more studies suggest that some cuisines are more healthful than our American diet. Does that mean we should all drink red wine and serve tofu stir-fried in olive oil? Not so fast. No magic formulas have been found, but scientists are trying to explain the good health and longevity enjoyed by millions who live in other countries. Here's what we know so far.

THE FRENCH PARADOX

In France, known for its rich food, the prevalence of heart disease is among the lowest of all developed countries. Compare this with the U.S., where we have a slightly lower fat intake, yet a higher rate of heart disease.

A 10-year study in the Gascony region of southwest France revealed that residents enjoy long lives and suffer relatively few deaths from heart attacks, even though their diet is higher in fat than any other in the industrialized world. How can that be?

One reason may be that the French typically eat plenty of nutritious fruits, vegetables, grains, and breads. They generally eat three meals a day, with the main meal being a leisurely afternoon lunch, a contrast to the big American dinner at night. The French also love to drink wine with their meals. This love of wine, especially red wine, may work in their favor. Research is finding that a moderate intake of alcohol is associated with a decreased risk of heart disease, lower blood pressure, and higher levels of HDL, the good cholesterol in our bodies.

THE MEDITERRANEAN DIET

It's not only the French who enjoy good health. In other Mediterranean countries, good health exists even though fat consumption is the same or higher than in the U.S. The cuisines of Italy, Greece, Spain, and Portugal are high in fat, yet they share the French focus on fresh fruits, vegetables, grains, and breads, as well as the consumption of red wine with meals. However, cooks in these countries rely on olive oil, a monounsaturated fat that has been associated with beneficial health effects when it replaces other fats in the diet.

THE RICE BOWL REGIMEN

China relies on a low-fat cuisine that has endured for centuries. In the largest study on Chinese eating habits to date, Dr. T. Colin Campbell of Cornell University made some important findings. In China, the prevalence of heart disease and most cancers is only a small fraction of that in the U.S. Campbell found that the Chinese consume about 15 percent of their daily calories from fat, while the American diet averages 37 percent fat. One reason for this difference is that the Chinese use smal

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Good Food/Good Health

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amounts of meat and fish to add flavor and texture, then round out the meal with lots of rice and fresh vegetables. As a result, they eat a high percentage of complex carbohydrates and take in three times more fiber than most Americans.

THE PICTURE OF HEALTH IN OTHER COUNTRIES

The Japanese thrive on a cuisine based on large proportions of complex carbohydrates and a regular consumption of fish and seafood. Those who eat a traditional Japanese diet enjoy one of the lowest rates of heart disease and cancer in the world. Yet, studies show that when the Japanese adopt a more westernized diet, either in Japan or after immigrating to the U.S., they experience a higher incidence of these diseases.

The fish-based diet of the Greenland Eskimos or Inuits is another cuisine that's made the news. Although their average of 14 ounces of fish a day might be considered excessive, it results in a high intake of heart-healthy omega-3 fatty acids. Scientists believe the beneficial effects of these omega-3s may be the reason for the Eskimos' unusually low rate of heart disease.

IMPORTING THE BEST DIET SECRETS

What can we learn from these cuisines that will translate to our own diets? Is it best to shun meat, steam some rice, and grab a bottle of wine? There is no right answer, no one food that will solve our health problems. However, in looking at different cuisines, consistent themes seem to bind them together.

The amount of fat: Studies consistently find that the frequency of diseases, such as heart disease and certain cancers, goes up as the intake of fat increases. It is a good idea to substitute oils rich in monounsaturates (such as olive oil) for butter and other saturated fats, yet to reduce the overall consumption of fat.

The kind of fat: Of all the dietary fats, saturated fat found in animal fat receives the worst reviews.

The bounty of fruits and vegetables: Heart disease and cancer rates decrease as the consumption of fruits and vegetables increases. Scientists are evaluating whether this effect is a result of something in fruits and vegetables, or whether eating more produce leaves less room for higher-fat foods. The final verdict is not in, but it's likely to be a combination of both factors.

Lots of fish and seafood: Just as the body needs vitamins and minerals for good health, we also need certain essential fatty acids. One type in particular, the omega-3 fatty acids, are principally found in cold-water fish, including mackerel, sardines, salmon, tuna, herring, and trout. Besides being associated with a decreased prevalence of heart disease, a regular intake of omega-3s is linked to beneficial effects on high blood pressure, rheumatoid arthritis, intestinal ailments, psoriasis, and complications from diabetes.

A shift to complex carbohydrates: History is definitely on the side of carbohydrates. In fact, high-carbohydrate diets based on grains, fruits, and vegetables have dominated 90 percent of man's existence on this planet. It wasn't until the last two hundred years, following the Industrial Revolution, that the American and Northern European diets moved toward higher levels of fat and lower levels of fiber. Although the palate was quick to embrace the change, the modern-day body apparently has not had the same success, as evidenced by the higher prevalence of heart disease and cancer, diseases in which diet is an important factor. Perhaps that's why research findings consistently point to a high intake of carbohydrate-rich grains, fruits, and vegetables as the best way to stave off heart disease, colon cancer, and many other degenerative diseases that are prevalent in western societies. Contrast this with the carbohydrate-based diet of the Asian countries, where these types of diseases are almost nonexistent.

A little alcohol: Independent studies have revealed that a moderate intake of alcohol is associated with a decreased risk of heart disease, lower blood pressure, and higher levels of HDL. (HDL, or high-density lipoprotein, is the component of the blood that helps shuttle excess cholesterol out of the body.) Before you stock your wine cellar, keep in mind that a small intake (one to two drinks per day) is the key. The beneficial effect of alcohol quickly disappears with higher levels of consumption. And, the benefits for women may be more controversial because alcohol consumption is a suspect in breast cancer.

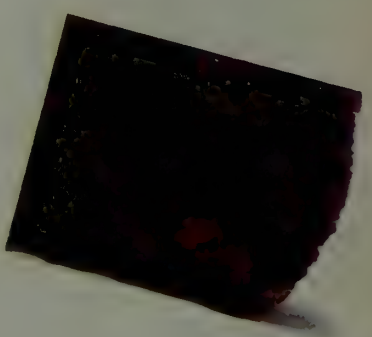
WORLDWISE SMART EATING TIPS

- Boost your intake of fiber-containing foods, preferably 25 to 30 grams per day. Fiber-rich foods include whole-grain cereals, pasta, and breads; beans and lentils; and fruits and vegetables.
- Focus on fruits and vegetables to increase your intake of vitamins. Aim for at least 5 servings a day.
- Keep fat to a minimum and substitute oil for butter or shortening when appropriate (not in baking).
- Eat at least one meal containing fish every week.
- Think of meat as a condiment in main dishes, not the star.
- Serve a meatless meal, based on beans or grains, at least once a week.
- If you choose to drink, do so moderately, meaning no more than 1 or 2 drinks in a day. A drink is defined as a 4-ounce glass of wine, a 12-ounce glass of beer, or a 1-ounce shot of hard liquor in a mixed drink. ⌂

—Edward R. Blonz holds a Ph.D. and a M.S. in nutrition from the University of California at Davis and is the author of The Really Simple No-Nonsense Nutrition Guide.

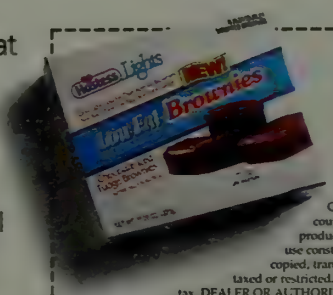
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by Gary Legwold

Allergic to What?!



Forget ragweed and dust. If you're looking for an allergy for the nineties, look no further than your bedroom. That's because of the growing number of people allergic to (are you sitting down?) sex.

Surprised? Don't be. Almost everything from motorcycle riding to dog food can cause a reaction. Many of these conditions are simply modern forms of old allergies. Others seem related to changes in lifestyle.

Here's a look at some of the oddest allergies, which might not be as unusual as they sound. Indeed, you might spot yourself in some of these scenarios.

Not tonight, honey (achoo!). Almost any human activity includes elements that can trigger an allergy, and sexual intercourse is no exception. A few women are allergic to their partner's semen. Other folks find that any sort of physical exertion leads to sneezes and sniffles (see Arnold Schwarzensneezing, *below*).

But blame (or thank) the rise of "safer sex" for the most common form of sex allergy. The culprit? Latex condoms. Like many other proteins, latex has the potential to cause an allergic reaction. If you're one of the unlucky ones, you might experience a rash or skin irritation, swelling, itching, or hives in areas that come in contact with the condom, according to Leigh A. Schwietz, M.D., chief of allergy and immunology at Elmendorf Air Force Base in Anchorage, Alaska.

Even if you are not initially sensitive to latex, repeated exposure to it can cause you to develop an allergy. The problem also arises in a variety of settings beyond the bedroom. You might notice sore, swollen lips after blowing up a roomful of party balloons, which are often made of latex. Doctors and nurses who must wear latex gloves much of the day can develop a nasty rash. Fortunately, the problem is relatively uncommon among folks outside of health care settings.

Allergy medication (antihistamines) and desensitization regimen can help alleviate the symptoms. The best advice is to avoid the offending material altogether. If latex condoms are the problem, you might consider wearing a natural membrane condom over or under the latex condom, depending on which partner needs the shielding. (But don't forgo the latex condom, the only kind that can stop the AIDS virus.)

If balloons are a problem, invest in a balloon pump; inexpensive models are available at party shops. Health care workers will need to look for gloves made of another material to protect themselves.

Road rash, Harley style. There is a documented case of a woman breaking out in hives after riding on her motorcycle. Stanford University's Steven Machtinger, M.D., ruled out the seat cover as the culprit. The patient had redness and hives all over, not just on her bottom.

Machtinger concluded that motorcycling's prolonged vibrations caused the patient's mast cells to rupture. Mast cells, part of the body's immune system, lie within the skin and contain granules of histamine and other chemicals. When mast cells break open as part of the allergic reaction—or due to vibrations in this case—the histamine and chemicals cause allergy symptoms, such as hives and redness.

Arnold Schwarzensneezing. Working out is a well-established cause of allergic reactions in some people. Asthma, for instance, is sometimes triggered by exercise, particularly in cold conditions.

The allergic reactions induced by exercise are not well understood. Often they involve no allergens, but result in a rash, hives, and a drop in blood pressure.

continued on page 5

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Allergic to What?!

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Swimming usually is safe for people susceptible to exercise-induced asthma, but other allergic reactions can arise, particularly if the water is quite cold. Depending on your level of sensitivity, an early-spring dip in the pond could leave you with a bad case of hives.

Paul Ratner, M.D., at the University of Texas in San Antonio, had a patient who traveled north and took a dip in a cold lake. "He broke out in general urticaria (hives), had a tight chest, and felt his throat closing off," says Ratner. The patient warmed up on land and was fine in an hour. He now wears a wet suit.

If workouts—in warm or cold weather—leave you sniffling, sneezing, or itchy, see an allergist. An over-the-counter antihistamine may be all you need. Or you might find that a change of pace (from running to swimming, for instance) might be the best prescription.



Food allergy (dog-style). You may not be allergic to your dog, after all, but rather to Bowser's food. No, we're not talking about sharing a bowl of "Dibbles and Nips" with your best friend.

Dr. Machtinger had a patient who was allergic to a grain in the dog's food. When he poured out the food, he inhaled dust, which caused wheezing and a wrongful cursing of the cur.

The hidden risk. Almost everyone has heard of food allergies. Even tiny quantities of the offending food can cause a serious reaction. But sometimes, the allergen is "hidden" within a prepared food.

Take the case of a 16-year-old girl, recounted by S. Allan Bock, M.D., a Denver allergist and author of *Food Allergies* (Vantage Press, New York, 1988, $8.95). The teen suffered "horrible allergies" to peanuts and walnuts, so she and her mother were careful in asking a restaurant waiter if the muffins they were about to eat contained nuts. No, they were assured. But the waiter was wrong, and the girl went into shock shortly after taking a bite. She was revived in an emergency room.

"The peanut is one bad actor," says Bock, causing an estimated 50 fatalities a year. There are many other bad actors, with eggs, milk, wheat, soy, and seafood some of the baddest of the bad.

Not only are the actors themselves a problem, but so are their less familiar forms and uses. For example, milk products are used in hot dogs and canned tuna. You may look at a label and see nothing about eggs. But the label will say ovalbumin, a fancy term for egg white. Potato chips or French fries may cause a problem when fried in the same oil that has been used to cook seafood. In a very few instances, people have even had reactions to the fumes generated by fish being cooked.

School sneezes. How many kids would love to say "I'm allergic to school"? Dr. Rather, of the University of Texas, reports on a group of students who all had itchy red eyes—and not from crying because they had to miss school. Theirs was an allergic reaction. A hole in the roof allowed water to seep into walls, which led to mold growth and allergic reactions.

Anytime dampness and still air mix there's a good chance that mold is in the making. Mold and dust allergies are among the most common, so be suspicious if your basement rec room leaves you wheezing.

Sometimes, however, it's not the dust but the denizens. Dr. Schwietz at Elmendorf Air Force Base in Anchorage had a patient who moved to an old house and was allergy-free except when cleaning the cabinets under the sinks. Then he'd develop asthma. It turns out that rodents left their droppings there, and the man was allergic to the urine and feces.

Nothing to sneeze at. We may chuckle at some of the odd manifestations that allergies take, but for folks who are affected allergies can be serious, even life-threatening in some cases.

Most worrisome is the especially severe reaction known as anaphylaxis. This type of reaction, which can be caused by a minute amount of an allergen, leads to swelling shut of the throat, a precipitous drop in blood pressure, severe hives, and shock. Fortunately, this condition is relatively uncommon. Persons who have experienced previous serious reactions to insect stings and drugs are most at risk for developing an anaphylactic reaction. Anaphylaxis is a medical emergency. Call 911 immediately.

If you know you are susceptible to such attacks, your doctor will suggest carrying an EpiPen. This handheld device injects a drug that can counter the effects of anaphylaxis until emergency personnel arrive.

For more information on allergies and their treatments, plus a list of allergists in your area, call the American Academy of Allergy and Immunology toll-free at 800/822-2762. ⌂

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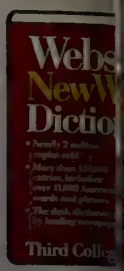
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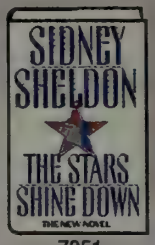
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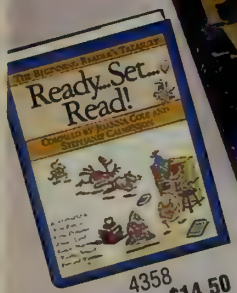
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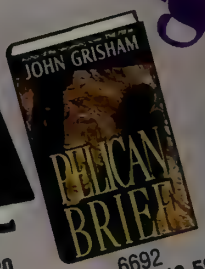
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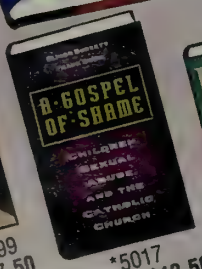


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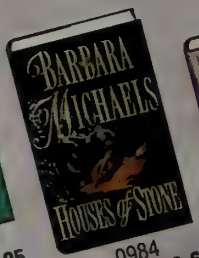
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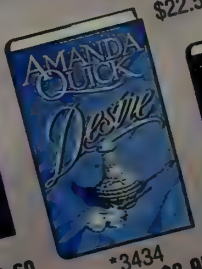
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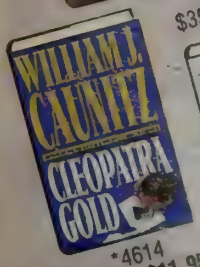
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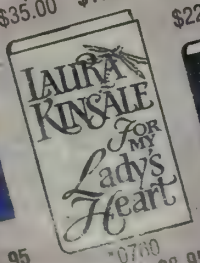
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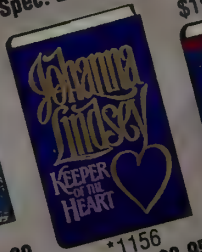
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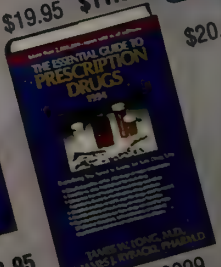
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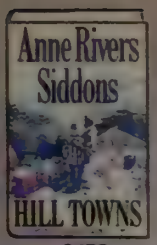
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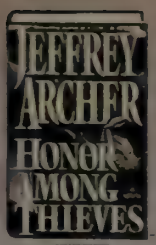
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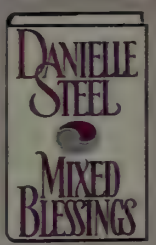
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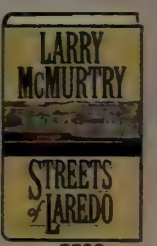
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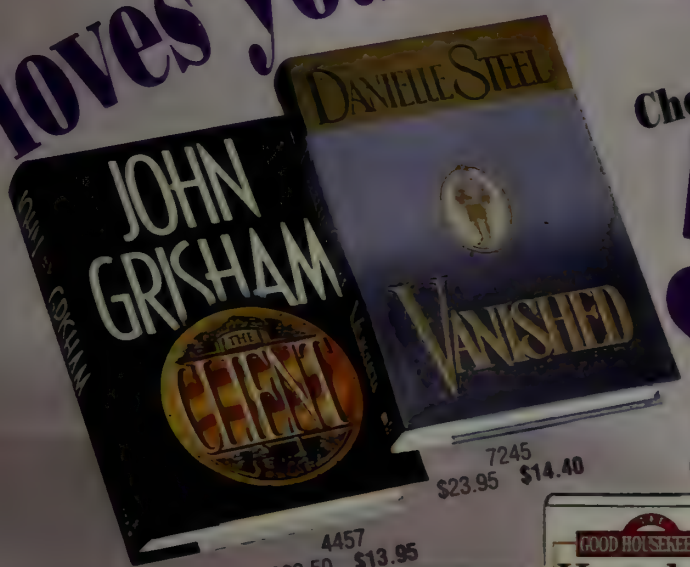
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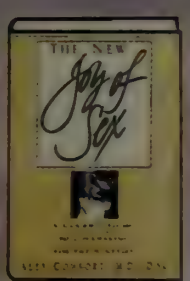
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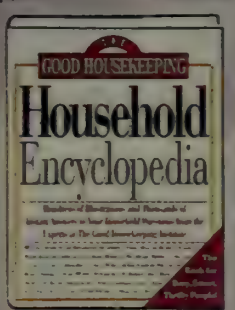
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MARCH 1994

BRING BIRDS TO YOUR BACKYARD

You'll enjoy spring bird-watching even more when you understand songbird calls, courtship rituals, and nesting behavior. George Harrison's *Spring and Summer Songbirds of the Backyard* is a 60-minute video that gives you a bird's-eye view of feathered favorites. The video highlights familiar birds such as cardinals, bluebirds, and hummingbirds. You'll also learn how to attract more birds to your yard or garden. To order, contact your local video store, or call 802/457-1235. Price for the video is $29.95 plus $3.50 for shipping. For more information about attracting songbirds, see our feature, "Welcome Wildlife," on page 67.



by Douglas A. Jimerson and Julie A. Martens



Drought-tolerant gardens. Landscaping that puts water conservation first doesn't have to be drab. In this entryway rock garden, color abounds in drought-tolerant annuals and perennials such as blue star creeper, sea thrift, rosemary, candytuft, helianthemum, and wallflower. Other water-thrifty flowers include plumbago, lantana, *Zinnia angustifolia*, African daisies (Osteospermum), Mexican bush sage, gazania, coreopsis, and lavender.

TEST GARDEN TIPS

Time for turnip greens. **Roy Wyatt, our test gardener in Georgia, says a perfect time to gather turnip greens is in spring, when you're thinning plants. Pick young leaves from every plant, but leave some behind to aid in making the turnips. You can also pick greens in fall, when frost and cool air add flavor to the leaves.**





It all happened so fast, he was on his *knees* and I remember thinking that he must have dropped his fork again,

and then the next thing I knew he was holding out this gray velvet box and it wasn't until the first time he introduced me as his *f-f-f*-iancée that I realized I was about to be a bride.



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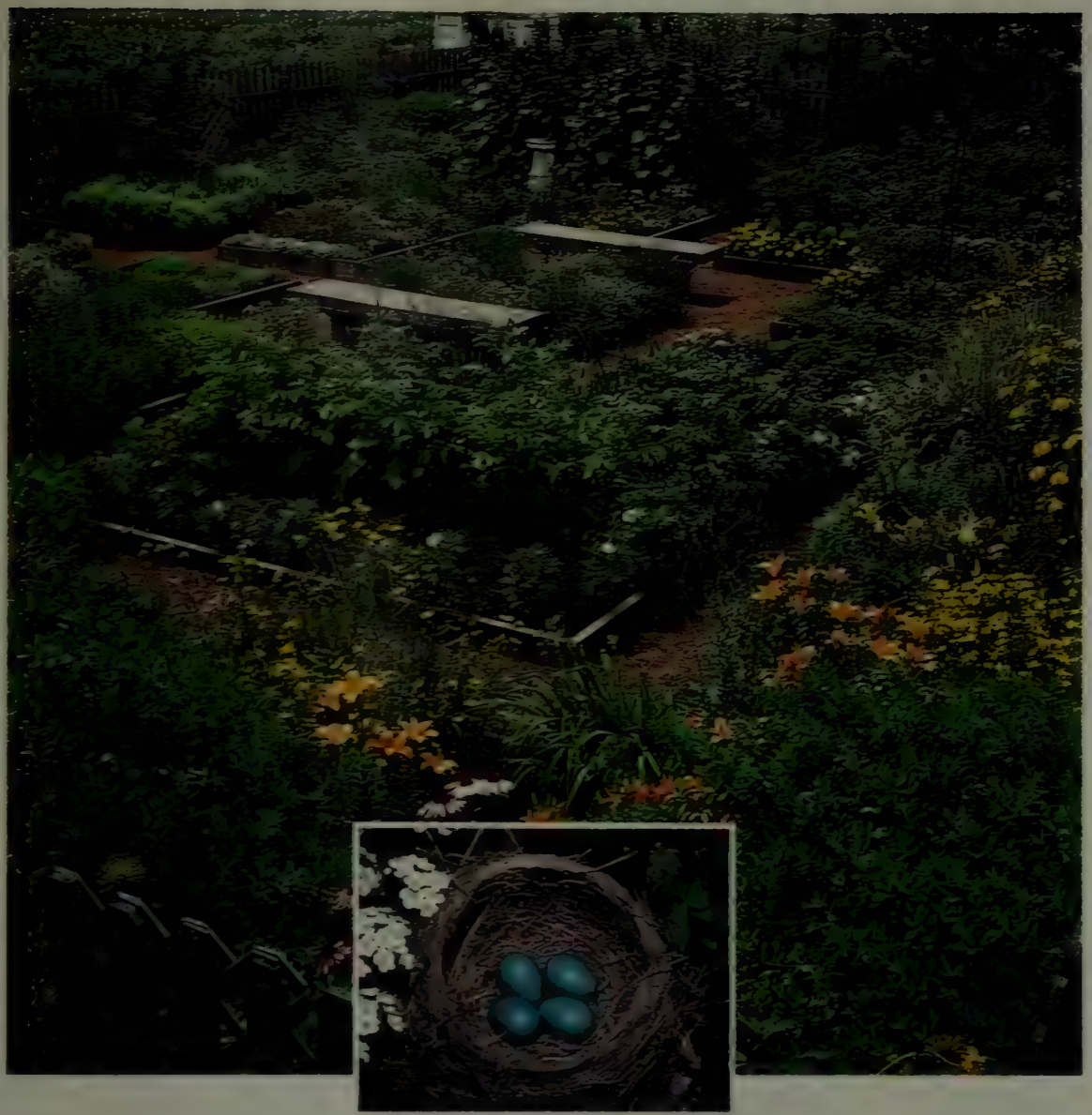
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by Douglas A. Jimerson



wildlife in your backyard

With careful planning and preparation, your backyard can become a natural gathering place for a host of colorful birds, butterflies, and beasts. All you need are wildlife-pleasing plants and an assortment of feeders, birdbaths, and houses. Here's how we transformed our Test Garden and surrounding property into a bed-and-breakfast for wildlife.

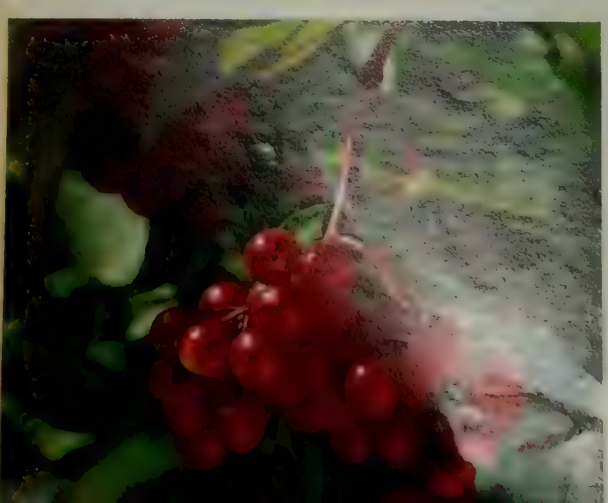


wildlife in your backyard

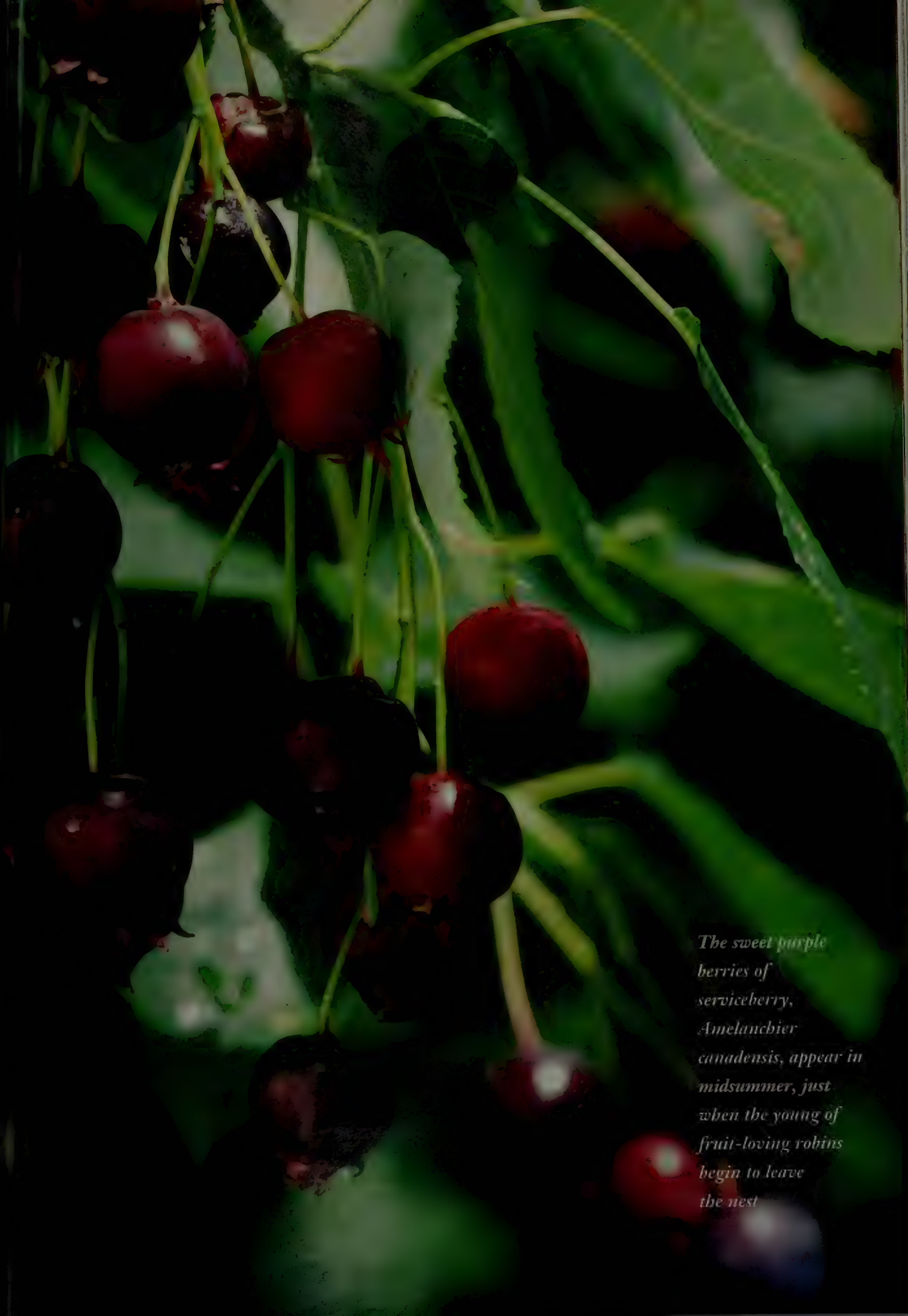


Few trees are as attractive to wildlife as dogwoods. In our garden, we grow pagoda dogwoods, Cornus alternifolia, for their blue-black berries, right, and eye-catching horizontal branches.

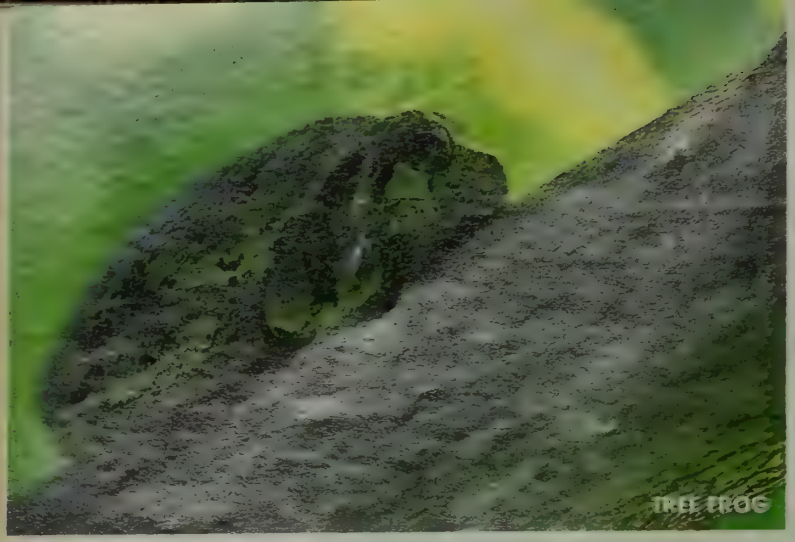
Viburnums, below, are an excellent choice for a wildlife garden. These hardy shrubs produce nectar-rich flowers in the spring and bright, colorful berries in the fall. Cranberry bush, Viburnum trilobum, is the most colorful member of the viburnum family.



It's been 20 years since the National Wildlife Federation first introduced the Backyard Habitat program. Since then, thousands of people have designed their gardens around the needs of wildlife to certify them as official Backyard Habitats. This year, we decided to take the Federation's challenge and convert our Test Garden and surrounding property into a wildlife refuge. Here's how we did it, complete with suggestions to get you started.



The sweet purple berries of serviceberry, Amelanchier canadensis, appear in midsummer, just when the young of fruit-loving robins begin to leave the nest



wildlife in your backyard



Start by doing research about the birds, beasts, and butterflies native to your area. Learn their basic needs (food, housing, etc.), and try to design your garden accordingly. In our case, we realized that there were a lot more goldfinches and house finches in the area than we thought. To better provide for their needs, we added another thistle seed feeder to the Test Garden and were immediately rewarded with 10 to 20 more birds per day.



We also installed a variety of birdhouses designed specifically for a particular species. Bluebirds, for example, need an entrance hole that's exactly 1¼-inch in diameter. Any larger and the bluebirds might get evicted by larger, more aggressive starlings. As you plan your garden, choose trees or shrubs that produce edible fruits, seeds, or nuts. If possible, include both summer- and fall-bearing species for an all-season menu. In our garden, species such as serviceberry and mulberry provide summer fare, and viburnum, dogwood, hawthorn, cotoneaster, crab apple, and juniper complete the fall and winter menu.





Another way to please your wildlife neighbors is to let an out-of-the-way



If you look carefully, you can often find wildlife in the most unlikely places. This tiny tree frog set up housekeeping in a patch of calla lilies growing next to a garden path.



wildlife in your backyard





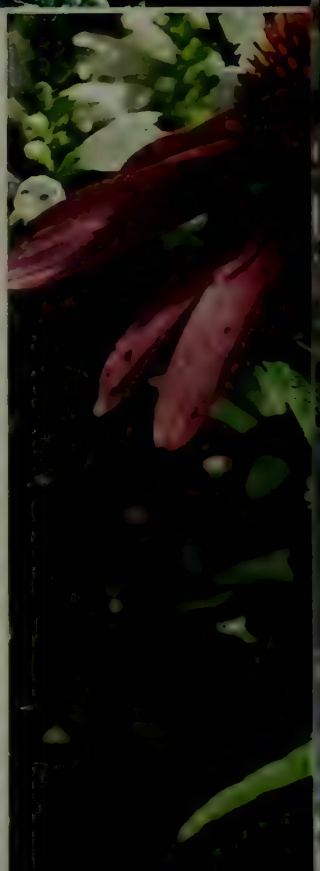
Butterfly weed, Asclepias tuberosa, above, is a reliable perennial that will lure butterflies to your garden all summer long.

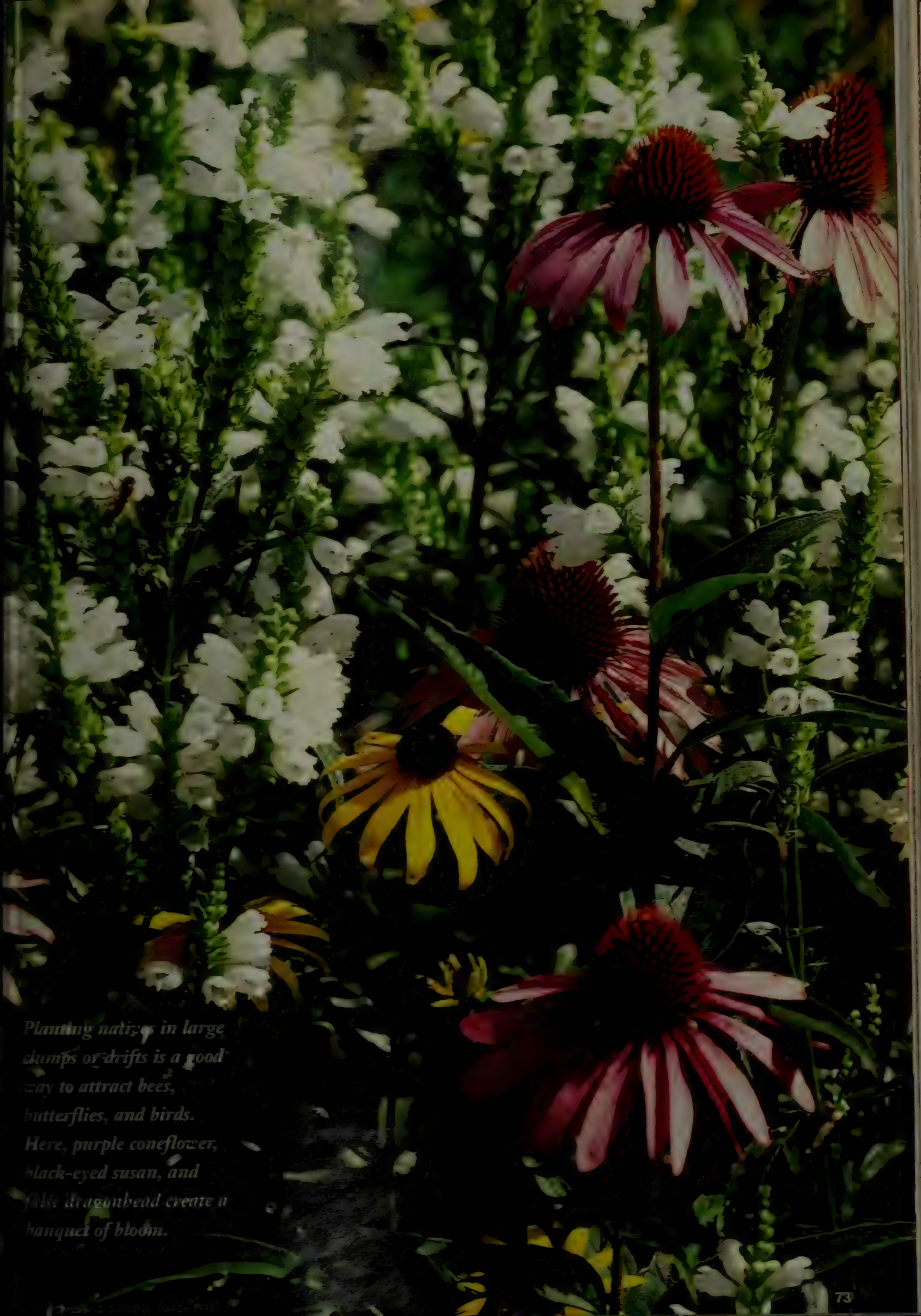
Red cedar, Juniperus virginiana, provides food and shelter for a wide variety of birds and animals. In the fall, its bright blue berries, right, are especially prized by migrating songbirds.

corner of your lot go wild. Birds and butterflies will appreciate both the food and the cover the "weeds" and native plants provide. Left undisturbed, a wooded patch of ground near the Test Garden sprouted up in a smorgasbord of wildlife-pleasing plants. These include: Virginia creeper, nettle, gooseberry, goldenrod, wild grape, honeysuckle, milkweed, red cedar, black walnut, wild plum, and mulberry.

If you want instant results, be sure to add some type of water feature to your backyard. A birdbath takes minutes to install and will encourage birds and other animals to visit as soon as it's filled. In northern gardens, use an electric birdbath heater to keep the water from freezing during the winter. For even better response, build a full-fledged water garden. Our small 5×5-foot water garden is a favorite stopping place for birds, insects, and frogs. It's planted with water lilies, water hyacinth, and arrowhead.







Planting natives in large clumps or drifts is a good way to attract bees, butterflies, and birds. Here, purple coneflower, black-eyed susan, and false dragonhead create a banquet of bloom.



wildlife in your backyard

Whether you live on a large forested acreage or a small city lot, you can join The National Wildlife Federation's Backyard Habitat Program. To get involved, you must show that you provide sufficient food, water, and shelter for wildlife in your yard. Once you qualify, you'll receive a certificate similar to the one, *above*, from The National Wildlife Federation.

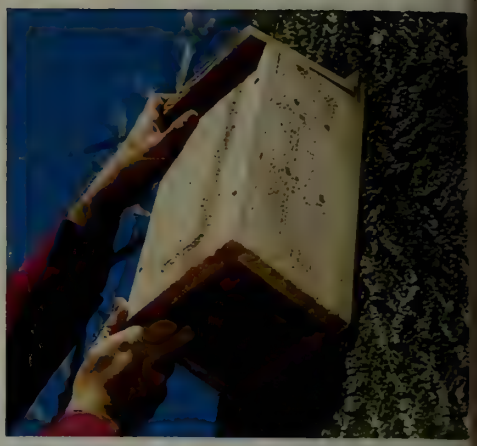
For more information about the program, call the National Wildlife Federation at 800/432-6564. Ask for their Habitat Package No. 79921. Price: $18.25.

To order birdhouses and feeders,

see *page 79*

Even the smallest body of water can attract wildlife. Our 5x5-foot water garden is a welcome oasis for animals.





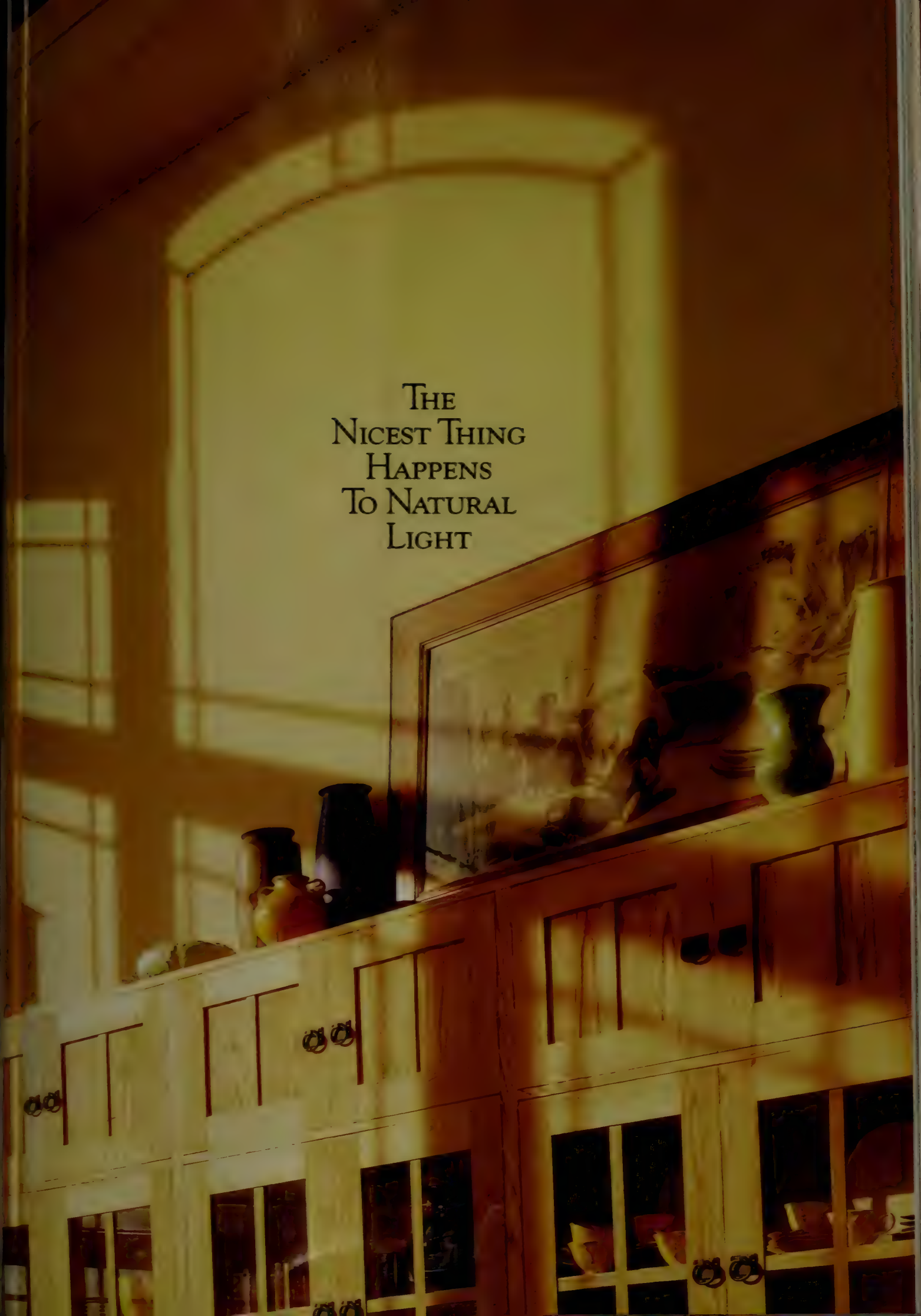
BAT HOUSE. Voracious eaters of flying insects, such as mosquitoes, bats are a welcome addition to any wildlife garden. You can encourage their visits by hanging a specially designed bat house on the side of a tree or building.



SCREECH OWL HOUSE. Larger birds, such as kestrels, screech owls, and wood ducks, readily move into man-made shelters. In our garden we placed a screech owl house about 20 feet up in a large maple; within a week we had owl tenants.

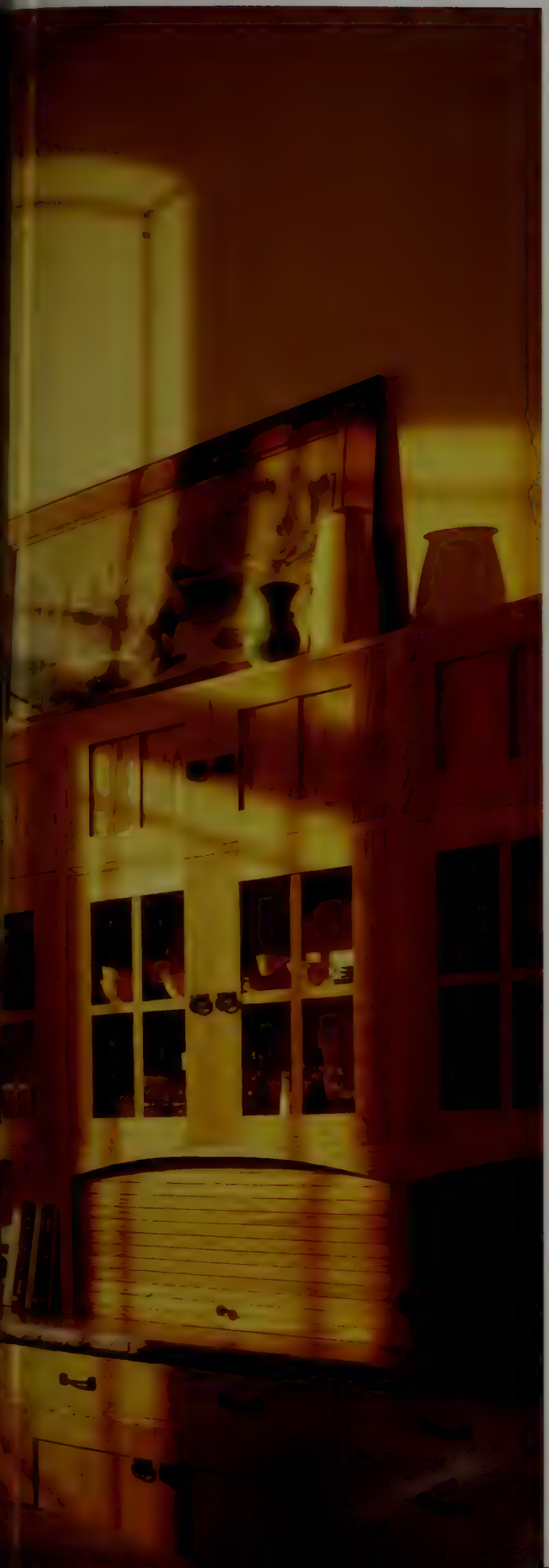


MARTIN MANOR. It takes patience to attract purple martins. After a five-year wait, we finally had two pair move into one of our apartment complexes. Mount purple martin houses 10 to 20 feet high in an open area. The birds also seem to prefer locations near a lake, pond, or ocean setting.


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Bat Shelter. This compact 7¼×7½×17½-inch shelter manufactured from western red cedar will house 20 helpful, pest-eating bats. Price: $29.95.

Screech Owl House. Manufactured from western red cedar, this ample house for screech owls measures 9¼×12½×33-inches. Price: $49.95.

Bluebird House. This 7½×7¼×15-inch house is constructed from kiln-dried inland red cedar and features a copper roof, a 1½-inch entry hole, and a ¼-inch air ventilation gap at the top. Mounts easily. Price: $31.95

Coppertop Hopper. This easy-to-fill 14×14½×16½-inch feeder constructed of kiln-dried inland red cedar with a copper roof holds a generous 15 lbs. of feed. Feathered guests can dine on all four sides. Price: $64.95.

Wren House. A copper roof tops this 7×7×8-inch house made from kiln-dried inland red cedar with a 1-inch-diameter entry hole. Price: $22.95.

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To order these houses and feeders with your Mastercard, Visa, or American Express card, call *Better Homes and Gardens®* Reader Shopping Service at 800/881-4066. Be sure to specify the name of the item(s) you wish to order. A charge of $7.50 per order (regardless of the number of products ordered) will be added to the total price(s) for shipping, handling, and sales tax, if applicable.

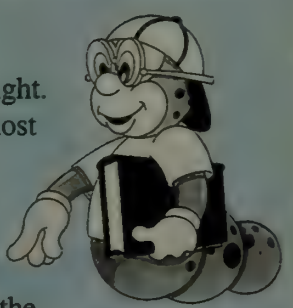
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That's right. America's most innovative carmaker is helping the nation's kids get ahead of the curve. The tool is the Chrysler Learning Connection, a reading-motivation program now in its second year.

In April one part of the program will appear as a special section in this magazine. Chrysler Corporation offers tips on ways families can help kids explore their strengths through reading.

Another part—an imaginative kit for teachers—goes to all 65,000 U. S. elementary schools. The kit contains a video, a poster and a packet of classroom activities.

Chrysler Corporation is sponsoring the program. But it's working in partnership with the American Federation of Teachers and the Association for Supervision and Curriculum Development to create a nation of people who love to learn.

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By Rebecca Jerdee & Sandra S. Soria

master pieces



Decorating with quilts

In the humble voice of fabric fragments and strands of thread, the women of this country pieced together an eloquent tale of patience, thrift, and artistry. Display these soulful works proudly, care for them kindly, and let their beauty inspire other handiwork in your home.

PHOTOGRAPHS: BARBARA MARTIN. REGIONAL EDITOR: MARY ANNE THOMSON



Displaying quilts



Go ahead and let your quilts out to play, with close supervision: Don't let a quilt bask in direct sunlight or the color and fabric will weaken. Folding your favorites onto stacked farm benches (above) *creates a clever covered display area. Protect a quilt used as a table cover* (left) *by topping it with another fabric or a thin acrylic sheet. Rotate displayed quilts often to give them a rest in the dark that's equal to their time in the light.*

It's a shame to hide a colorful quilt collection behind closed doors. But how can you enjoy your pieces without endangering them? New and sturdier patchworks will do fine gracing the back of a sofa or the foot of a bed, provided they don't receive rough treatment. Other quilts deserve to be displayed on the wall as works of art. For the gentlest hanging method, stitch a muslin rod pocket to the quilt back and slip it onto a sturdy dowel or curtain rod. Try a variation of this to create homespun window coverings (combined with a shade to protect the quilt from sunlight): Let two similar quilts hang as stationary side curtains, or mount one quilt across the entire window, then pull it to the side and secure with ribbon.



Caring for quilts





Displaying your patchwork horizontally is not only a beautiful way to enjoy it, but also a great way to give its fibers the proper support. Stretching a quilt across a guest bed is ideal, so that it won't receive daily use. For a worn quilt, salvage the best parts and put them to use as a cushion cover on a seating piece that sits pretty but doesn't work too hard.

To treat an aging beauty with care, handle it as little as possible. If mustiness is the main problem, just air the piece in a shaded outdoor area. Slightly soiled quilts will often regain their true colors by vacuuming to remove dust. To vacuum safely, hold a nylon netting atop the quilt and use your machine's upholstery tool. To wet-clean colorfast cotton quilts, use the washer's gentle cycle or handwash larger quilts in the tub. Lift the quilt from water in a big bunch to avoid fiber strain. Lay quilts flat to dry on mattress pads or white towels.



Bringing quilts home

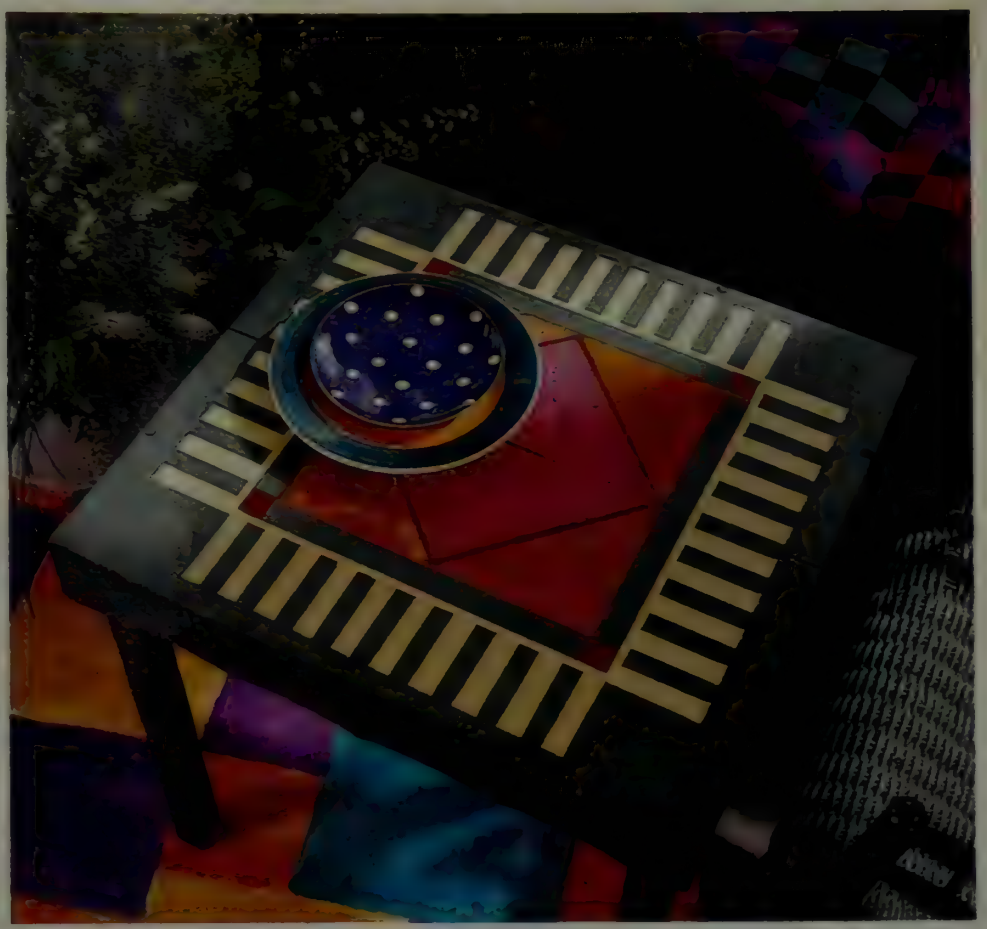


Like a well-orchestrated flower garden, the quilt's glory lies in its rich harmonies of color and shape. When shopping, look for an eye-pleasing design in a bouquet of colors that blend easily. In this classic nine-patch quilt, the Amish-inspired palette of deep jewel tones paired with graphic black becomes modern art. A quilter who adds a twist to a traditional pattern (this one has been stitched on the diagonal) adds personality and value to a piece.

A quilt's beauty is in the eye of the beholder; if you respond emotionally to a pattern or color mix, then it is a safe buy for you. Still, quilt prices vary widely. How do you know whether to buy an intriguing find, bargain for it, or walk away? Train your eye to spot quality stitching and design artistry by reading about quilt design and doing hands-on research with a longtime, trusted dealer. The most valuable quilts are those in pristine condition (hold it up to the light for a complete going-over) and those with a variation on a traditional pattern. The priciest patterns going now? Pictorial quilts with a history.



Crafting with quilts



Give a geometry lesson with Amish quilts: Pair crisp, color-charged shapes with the classic curves and mellow patina of wicker or aged wood to give your rooms eye-tickling contrast. Find the striking patterns in new quilts or quilt patterns, or create your own with paint. Be sure to seal painted projects with latex varnish.

With an exquisite sense of color and modern form, Amish women quilted powerful patchworks. Even if you're not sew-inclined, you can borrow from their brilliance to create other bright spots in your home. Here, the patterns show up underfoot and under food using similar painting methods. First, plan a design on grid paper to fit your floor or tabletop. For the floorcloth, buy 54-inch-wide painter's canvas in the desired length and prepare it with gesso. For both projects, transfer your design using a pencil and yardstick. Tape off each area along the pencil lines as you paint. Brush or sponge on bright acrylics.

Using quilt pieces



Rescue beautiful bits of a beyond-repair quilt by cutting around the pattern and binding the new edges with bias tape or a strip of sturdy cotton fabric. The new mini-masterpiece can create cheer on a table or on the back of a vintage rocker, for instance, or, in the case of larger sections, as a window valance. If you'd prefer to preserve the fragment, or if you have a wonderful crib or doll quilt you want to conserve, consider framing the small piece. The best advice is to have the patchwork professionally framed. Be sure there is a spacer mat to prevent the quilt from touching the glass, which can cause mildew to form. Also, allow the quilt to breathe by backing the framed piece with a cotton dustcover rather than a paper product.

...ing on your own quilted masterpiece? Turn to page 124 and find out how to order the ... Gardens® Classic Quilt Patterns Pack of full-size patterns and instructions.

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by Sandra S. Soria



PHOTOGRAPHS: MICHAEL JENSEN REGIONAL EDITOR: TRISH MAHARAM

Friendly gatherings

Comfortable and kid-proof decorating doesn't have to mean room-size sofas and dirt-colored fabrics. In the Muellers' bungalow, family-style decorating involves bright washable fabrics and shapely, well-made furniture, all set against a happy backdrop. Hands-on and heartfelt, it's a decorating style that requires more soul and sweat than savings. Sound inviting? Come on in.



Buying information, page194.


Friendly gatherings



"Design ideas are everywhere. The best things happen when we have to adapt the ideas to our budget."

From the garden shop to the fabric store to the magazines that crowd her mailbox, Karin Mueller is always sifting through her surroundings for ideas to bring home. "I've even been known to make my husband, Paul, pull over to gather branches by the side of the road," Karin says.

The furnishings that make the cut all have an easy quality, gathering in rooms as fuss-free as they are friendly. Take the fabric dressings throughout the

Friendly gatherings



home, for example. Using designs as simple as a sundress, Karin sews her own window and cushion covers from cotton sheets. Easy-care and durable, the covers are whisked off to the washer as needed.

The breezy floral fabrics are a natural match for pine pieces new and vintage, plain and painted. With the gracious yet hardworking spirit of country furniture, the pine charms the home and stands up to Ashley, the couple's four-year-old. "Pine is worry-free," says Karin. "It goes with everything and gets better with wear."

The honey-hued wood stands out against walls livened with painted-on warmth and texture. "We like coziness but not clutter," says Karin. "Color fills in for a lack of stuff." In the kitchen, she softened teal paint with a wispy overcoat of watered-down white latex wiped on with a rag.

Whether she's dabbling in paint, dressing a window, or shuffling accessories, Karin has simple goals in mind for her family's home: Keep it fresh, friendly, and fun. "I love to play and see what happens," she says. "I guess I never outgrew that dollhouse phase."



"By learning to do decorative techniques myself, I've saved money and earned pride."







"Simple things are easy to look at and easy to live with. They are mixable, cleanable... wonderful."

In Ashley's room (upper left), humble pine antiques live with storybook-inspired stencils and linens for a bit of kid–style romance. Karin put the icing on the dreamy scheme by transforming an inexpensive cotton tablecloth into a lacy window dressing.







More creative cutting and stitching went into the master bedroom window covering (lower left). Karin pairs a sheer fabric with sheet yardage to block a street view while admitting precious light. Corkscrew willow branches top it off with a natural touch.

Karin groups objects as she would a party of friends—according to what they have in common. Along a dining room wall (upper center), unmatched pine has a shared simplicity. A lineup of equally casual prints enhances the gathering's clean symmetry

When deciding on accessories, Karin just considers what she loves best: her family (above) and the great outdoors. Framed and potted beauties, such as the dining room trio (upper right), add a final perk of color and personality to the bungalow.


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Pattern shown: Aqu

flights of fancy

by Jilann Severson

bird in the hand and two in the bush pillows

Clear, bright colors and a stylized design give a favored old adage a contemporary twist. Machine appliqué and iron-on adhesives help this duet of pillows stitch up quickly.



Come stroll through our aviary of bird and floral designs. We've used cross-stitch, woodworking, appliqué, and embroidery on the five chirpy projects. Make the whole flock or even just one to bring the sweet song of spring indoors.



embroidered bluebird pillow

Stem stitches outline a vintage design where two delicate bluebirds wing their way home. Use the floss colors we show here, or change them to match your home decor.

hollyhock and picket fence fire screen

Pink, blue, and lavender hollyhocks meander and mingle to screen a fireplace opening. Layers of wood give the flowers and birds added dimension, and clusters of brass tacks make the centers sparkle. In front of it all stands a pristine picket fence with cheery bluebirds. To order a full-size pattern for the screen and fence, see page 117.

birds of a feather cross-stitch

Three little warblers huddle among the leaves in a 19-inch-square cross-stitch sampler. The feathery fronds and wisteria bloom camouflage the tiny tweeters and give a light and airy look to the stitchery.




flights
of fancy

flights *of* fancy



sunflower and crow whirligig

These wild-winged crows have a bird's-eye view of their favored summer treat. Place them outside where their wings rotate as they catch the breeze, or leave them inside for a folk art sculpture. To order a full-size pattern for the whirligig, see page 117.

Instructions begin on page 111.
Buying information, page 194.

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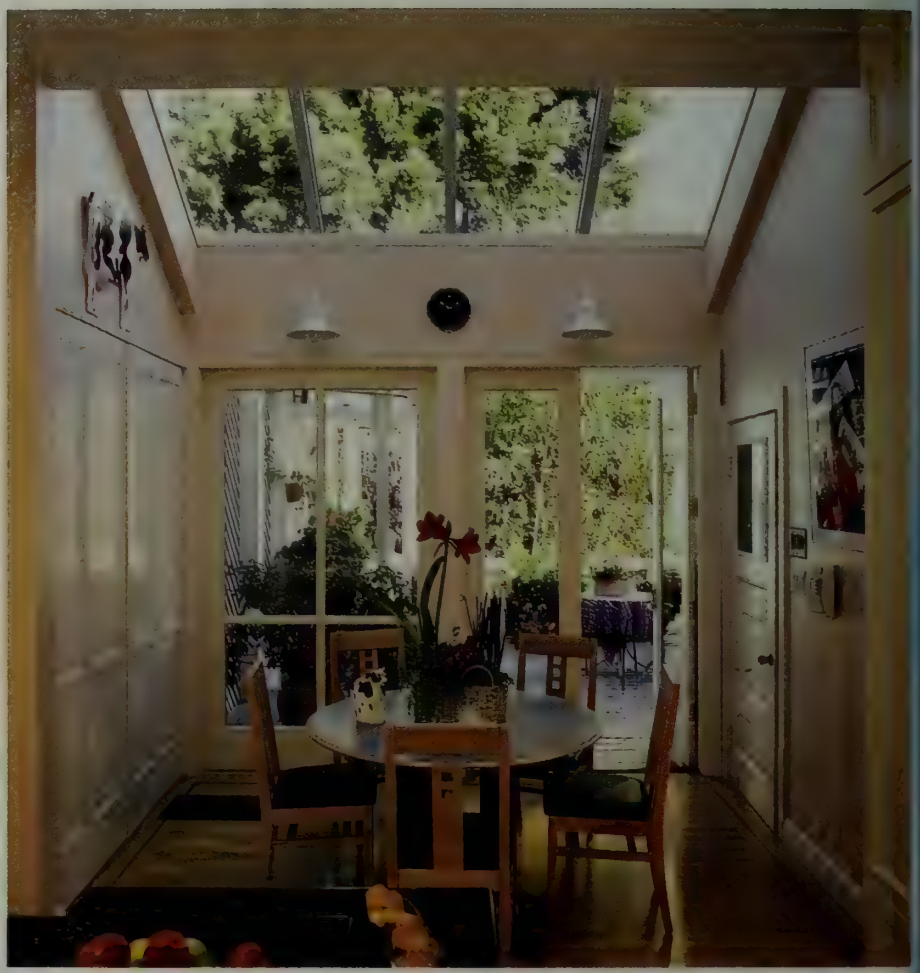
Find a place in the sun for your dark kitchen. The outdated kitchen in Terry and B. J. Droubi's San Francisco Victorian now basks in natural light thanks to a top-to-bottom remodeling that features a sun-grabbing greenhouse addition.

The glass roof in the dining room addition transforms the kitchen's original 11-foot ceiling into a light-catching asset. The island cooktop and the tall bank of built-ins near the bump-out benefit directly from the newfound sunlight.

To further brighten the work space, the Droubis moved the sink from the room's front wall to the existing side windows. Golden oak floors and peach-colored laminate cabinets reinforce the kitchen's clean but classic look, and granite counters add a dash of contrast.



The greenhouse area opens to the back deck where a new trellis provides a private outdoor place for fair-weather fun. "In our old kitchen you never knew there was a yard beyond the wall," B. J. says. Now there is gracious access to the garden and garage where only a dilapidated porch once stood.



The Terry Droubi family transformed a dilapidated porch into this bright and sunny greenhouse dining area. The stylish add-on opens out to a private backyard garden

◀ **By reorienting the house toward the rear, the Droubis gained a relaxing new outdoor space. The trellis and lattice offer the feel of another room and provide much-needed backyard privacy.**



▶ **Peach-colored laminate cabinetry lends a light and contemporary look to this once dreary kitchen. A complete wall of floor-to-ceiling cabinets creates easy-access storage.**

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by Michelle Tibodeau

Romance Your Room

CASUALLY ELEGANT NATURAL ELEMENTS



Naturally romantic, this room combines a variety of textures with a light, neutral palette.

Romance your room with nature's soft side—light colors, a sprinkling of nubby textures, and fluid, billowy surfaces. By combining an airy atmosphere and earthy elements, you'll emphasize the elegant rather than the rustic look of the great outdoors. Here's how you can bring home nature's best with sophisticated style.

The natural beauty of wood furnishings gains prominence with barely-there finishes, such as satin polyurethane or clear lacquer. (Oil finishes also offer a clear, natural look but must be reapplied.) These finishes accentuate the wood grain and the fresh, clean look of light wood tones.

Soft neutrals, such as white, cream, beige, brown, and gray, settle quietly into the background. Whites on the walls, woodwork, and bedding set the perfect stage for emphasizing even minimal differences in pattern, such as the lacy edges of the pillowcases and comforter. By keeping color and pattern soothing and subtle, you can play up the textures and materials of your favorite pieces.

Tactile accessories with coarse or uneven surfaces and contrasting colors give eyes a place to focus. Here, an intricately carved mirror, woven tapestry pillows, and white birch trunks with bark intact take center stage.

Cozy bedding in soft, natural fibers feels welcoming. Invite sink-in comfort into your room with fluffy down comforters and pillows, fabrics in crisp cotton, and throws in soft wool or raw silk, which you can find in department stores and catalogs.

To make this birch tree four-poster: Bolt a clump of white birch trunks to each of four corners of your bed's base. (Here, the birches are attached to a wood-fram box that surrounds a basic metal bed frame.) "The birc trees do their own little ballet when you position them, says interior designer and homeowner Michele Kelly She concealed the bed's base with paint and a lace-trimme bed ruffle.

If you'd rather buy this bed: Write Michele Kelly a 300 Summit Ave., Mill Valley, CA 94941. The ki includes 12 birch tree trunks—which you bolt togethe according to instructions—bolts, and a freestandin whitewashed wood frame that fits around your own meta bed frame. Prices range from $650 for a double to $85 for a king-size bed (shipping and handling not included).



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by Michelle Tibodeau



PHOTOGRAPH COURTESY OF ARMSTRONG WORLD INDUSTRIES

Bring the Seaside Inside

Fresh ocean colors, outdoor furnishings, breezy fabrics, and accessories straight from the beach can open up your home to the casual pleasures of seaside living—even if the sea is oceans away. To let your home live as easy as it looks, choose furnishings and a floor covering that will weather the elements of everyday living.

Splashy colors. Spread a sea of blue underfoot to capture the calm feeling of water. Splash the blues on other furnishings as well. Rather than sticking with just one shade, throw a spectrum of blues into the mix to continue mimicking nature. All of the blues in this room show up in the sea-and-sky landscape paintings. An expanse of white on walls, ceiling, woodwork, and furniture keeps the room light and summery.

Outdoorsy items. Haul outdoor furnishings inside to support the room's peaceful, easy mood. These wicker chairs and the wrought-iron coffee table once resided on an open porch. Let natural materials—wicker baskets filled with seashells, a boxy wicker end table, a sisal mat standing in as an area rug, starfish tiebacks, and a conch shell on a pedestal—bring in texture and seaside motifs. Fishing poles casually lean against the wall to put you in a "vacation" frame of mind.

Easy-care flooring. Low-maintenance, hardy floor materials, such as sheet vinyl, enable you to take a carefree attitude about upkeep. Look for patterns that resemble tile, marble, and other natural materials, or check out the new brights, such as this aquamarine vinyl flooring from the Armstrong World Industries Color Passions line. (For the nearest retailer, call 800/233-3823.)

Summery fabrics. Blousy sheers made from inexpensive gauze puddle in a cloudy mound on the floor, thanks to an extra 25 inches of fabric. Madras shirting adds summery plaid accents to pillows and an ottoman. Cotton chintz in crisp white-and-blue stripes keeps seating pieces cool.

Clever Island Ideas

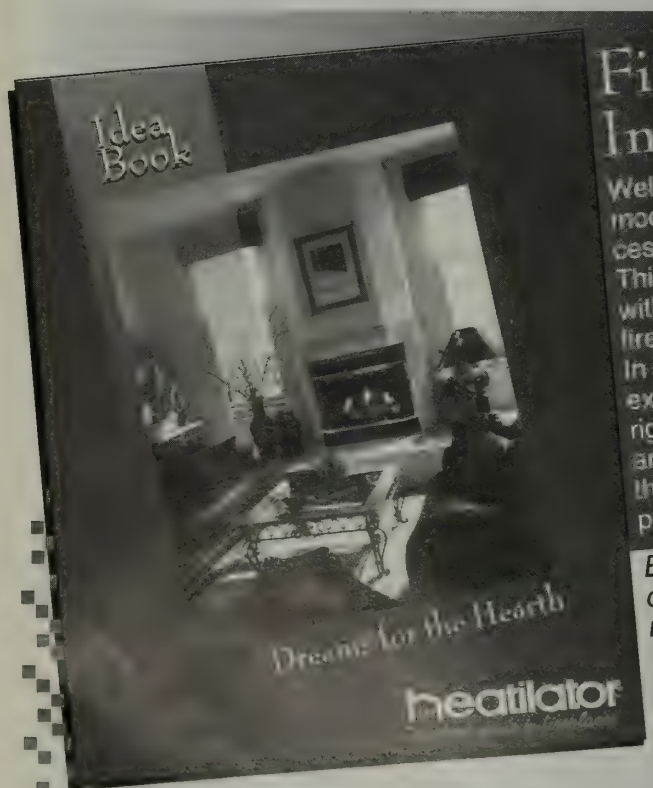
You can stretch your kitchen's space and improve its efficiency and style with a well-designed island. Get the most from your island with these design ideas. Or, come up with some island ideas of your own.

Consider the choices. There's no one right way to build a kitchen island. Get creative and tailor it to fit your cooking needs. You can turn the island into a cooking center, for instance, by equipping it with a cooktop and grill. Optionally, you can use it as a snack area complete with a second sink, extra microwave, and eating spot. Consider placing the main work sink and dishwasher into the island. If space is at a premium, you can simply pack it with needed storage and counter space. Or, you can be completely creative and design an island that breaks all the rules.

Simple space stretchers. Some clever ideas can stretch your island's space farther. In a small kitchen, a pop-up cutting board offers valuable work space when needed, then folds neatly out of the way. Add a pull-out table and you have a handy snack counter. Put your island on wheels and you can move that extra work space wherever it's most needed. Another space-stretching option is varying your island's counter levels to add eating and cutting space.

Original options. You can also give your island a personal touch. If you entertain frequently, a built-in wine rack is an ideal choice for any good host. Another approach could be installation of a small, under-counter refrigerator where your favorite beverages are always kept perfectly chilled. Equip your island with everything from a warming oven to a built-in television or desk to a recycling center.

Fabulous form. An island is ideal for adding to your kitchen's sense of style. If you're designing a sleek kitchen, why not give your island dramatic curves? Or, give it detailing to complement a traditional kitchen. The island is also the perfect spot to include some accenting materials. Granite or solid-surfacing on the island counter will add elegance without the expense of installing it throughout the kitchen. ⌂



Fireplace Inspiration

Welcome help in creating the mood and the look of a successful fireplace installation. This 36-page book is filled with color photos of attractive fireplaces from coast to coast. In addition, special sections explain how to choose the right product, the correct size, and the appropriate fuel for the best appearance and performance.

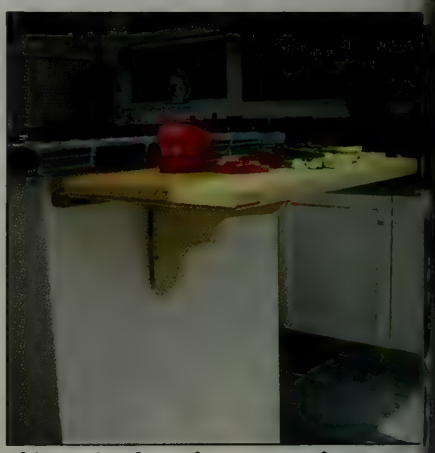
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This cutting board pops up when counter space is needed, then folds away when the work is done.



Efficient and stylish, this built-in wine rack is one way to customize an island

Directions

Directions™

Directions



The look is bold ... but basic. Casual ... yet sophisticated. Designed for the way you live today. What's more, this stylish collection brings you Broyhill quality designed to fit your lifestyle as well as your sense of value. Directions, from Broyhill Premier, is essential for easy living.

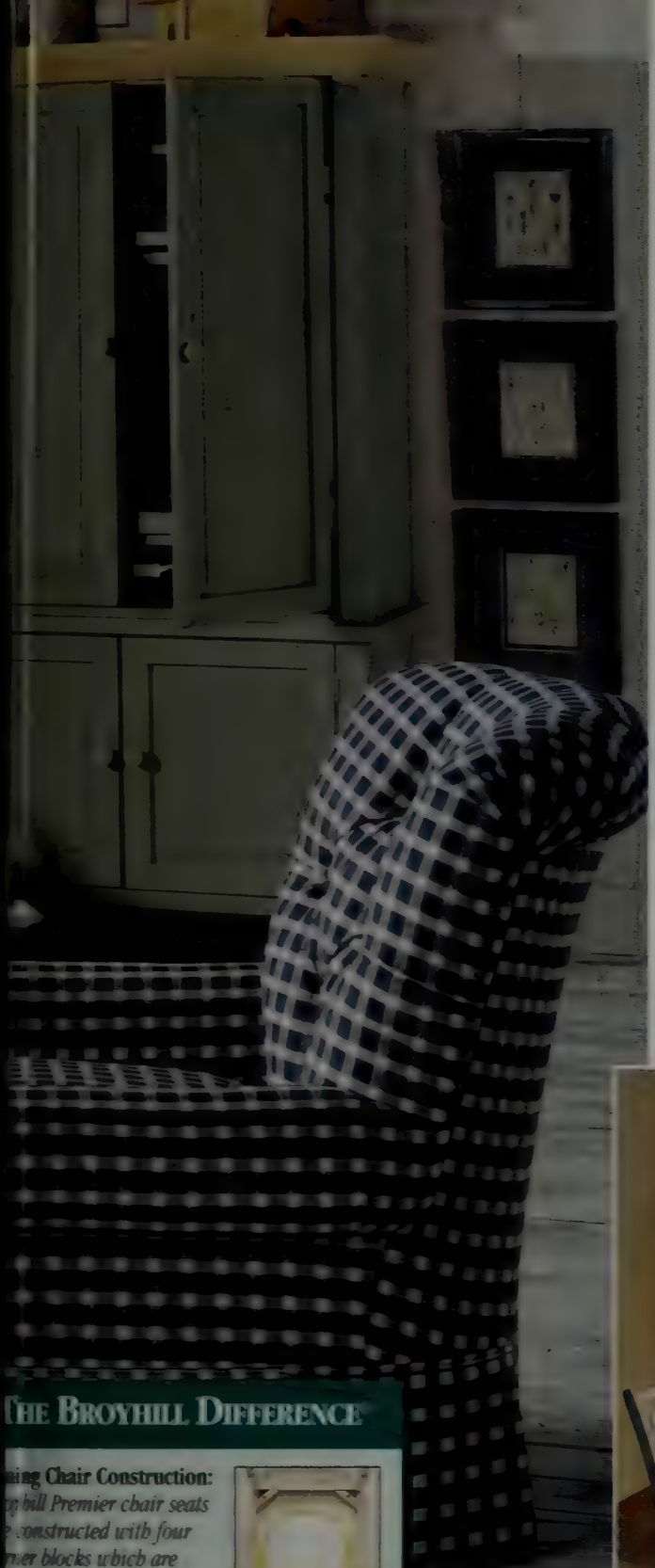
Featured in the Midnight finish, the Rake Bed, $415, and Night Stand, $315, accent beautifully the Canvas Tan finish of the Door Chest, $840. [illegible] Landscape Mirror, $240, and Door Triple Dresser, $840.

Smart Buys from **Broyhill**



Update your family room with the fresh look of Directions occasion pieces. The subtle Willow finish of the Entertainment Armoire, $1,290, out the deep green plaid Sofa, $940, Loveseat, $875, Chair, $615, and C $265. The Armoire is perfect for keeping your TV, VCR, audio compo tapes and CD's close at hand, yet out of sight. Pocket doors and abunda storage are two of the extras that make this Armoire a perfect fit for any in your home. The Video Chairside Table, $315, Rectangular Cocktail $250, Commode End Table, $250, and Sofa Table, $340, are featured i Canvas Tan to add polish to this inviting setting.

The Display Cocktail Table, $590, when finished in Willow (as shown here), makes a fashionable statement with its decorator color and unique features. This stylish table allows you to enjoy your most treasured pieces and keep them safe and dust-free in the felt-lined drawer beneath the glass top. Below, another drawer is the perfect spot for stashing magazines, needlework or entertainment accessories. Also available in Midnight and Canvas Tan.



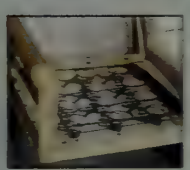
THE BROYHILL DIFFERENCE

ing Chair Construction: *oyhill Premier chair seats constructed with four ner blocks which are ued with glue and wood ews, adding greatly to the ength and durability.*

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ouble Cone Coils: *ured in upholstered ces, these coils provide ster comfort, more ng action and long-ing durability.*



Directions™

Directions

Smart and fashionable, Directions is suited for any room in your home and complements styles from contemporary to traditional.

Directions features three finishes that work together in splendid harmony. The soft Willow finish is translucent, allowing the natural grain of the wood to show through. This fashionable finish blends perfectly with color schemes ranging from blues to greens and adds a dash of color in rooms featuring today's popular neutrals. The deep Midnight finish adds drama to any room. The Canvas Tan finish is the perfect complement to diverse tones and textures in flooring, window treatments and upholstery. Together, these finishes create a look as beautiful and cohesive as it is unique.

Smart Buys™ from Broyhill®

Manufacturer's suggested "Smart Buys" prices effective through April 30, 1994. Prices may vary at individual retailers. All items may not be available at all locations. Furniture items may be special ordered.



Directions easily makes the transition from formal dining to casual family meals. The Farm Table, $775, features a storage drawer and expansion leaf. Rake Back Arm Chairs, $240 each, and Rake Back Side Chairs, $215 each, are comfortable and stylish. The China, $1,565, not only organizes serving pieces and flatware, but also functions as an additional work station and family communications center. The open work area can accommodate a phone, answering machine or small TV. Casters make the Mobile Server, $850, versatile; the Midnight finish makes it a dramatic accent.



Directions

Directions™

Directions

The secret to creating a memorable, livable room starts with Directions by Broyhill Premier. Directions allows you to create a look that is inviting and comfortable. For style, quality and affordability, look no further than Broyhill, the name you trust for furniture you'll treasure for years.

The Rake Bed, $415, is an appealing focal point for your bedroom. Its raile headboard creates a sense of openness and satisfying symmetry. The two-drawe Night Stand, $315, offers handy storage at bedside, while the Door Chest, $840 provides abundant space behind its doors and in its drawers. With its translucen Willow finish, the Drawer Triple Dresser, $725, works in harmony with the Landscape Mirror, $240, to share the collection's simplicity of design. The Rak Bed, Door Chest, Drawer Triple Dresser and Night Stand are also available in Midnight as well as Canvas Tan.

SMARTBUYS from Broyhill

To receive the complete **Smart Buys** literature collection call:
1-800-327-6944.
Price is $10.
Visa and MasterCard are accepted.

Or, send check or money order t
Broyhill Furniture Industries, Inc.
Consumer Assistance Center
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Yakima	Griggs Furniture

Also available in Canad

Richmond, B.C.	Sandy's Furniture

Flights of Fancy

continued from page 106

HOLLYHOCK AND PICKET FENCE FIRE SCREEN

page 105

To order a full-size pattern and project plan for the fire screen and fence, see *page 117*.

BIRDS OF A FEATHER CROSS-STITCH

page 104

Materials: 16×16-in. piece off-white 32-count Belfast linen by Zweigart; DMC embroidery floss in the following colors (one skein each): No. 471 yellow green, No. 906 bright yellow green, No. 470 dull yellow green, No. 3041 dull purple, No. 844 dark gray, No. 646 medium gray, No. 648 light gray, No. 310 black, No. 3685 burgundy, No. 3688 pink, No. 3689 light pink, No. 341 light blue, No. 340 medium blue, No. 553 medium purple, No. 333 blue purple.

Instructions: Finished stitching size, approximately 10×10½ in. Find center of chart and center of fabric; begin stitching here. Using 2 plies floss over 2 squares, stitch entire design area. Frame as desired.

BIRD IN THE HAND AND TWO IN THE BUSH PILLOWS

page 103

Materials: Two 16×16-in. squares white cotton; fabric scraps in the following colors or as desired: tan for hands, 2 pink prints and pink solid for bird, green for cuffs, gold for buttons and ring, blue print and blue solid for bird, 2 purple prints and purple solid for bird, green prints for leaves, pink print for flowers, pink solid for flower centers; 1 yd. paper-backed iron-on adhesive such as Wonder-Under or HeatNBond; ½ yard each pink and blue print for backing and ruffle; scraps pink and blue for piping; matching threads; small beads for eyes; 14×14-in. purchased or self-made pillow forms.



Instructions: Finished size, approximately 14×14 in. excluding ruffle. Enlarge pattern on *page 112* to scale. Lightly transfer each design to 1 fabric square, centering.

Iron paper-backed adhesive to wrong sides of fabrics according to manufacturer's directions. Cut all pieces from appropriate fabrics. Fuse pieces in place so flowers overlap leaves, bird bodies overlap bird tails and bird heads overlap bird bodies, and so forth. See *page 103* or pattern on *page 112* for details.

Machine-satin-stitch around all appliqué edges.

Sew bead eyes in place. Trim white fabric to measure 15×15 in. Assemble into pillow as desired using ½-in. seam allowances.

EMBROIDERED BLUEBIRD PILLOW

page 104

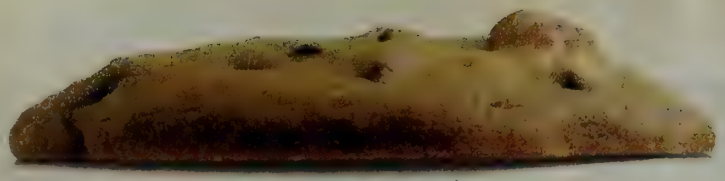
Materials: 28×22-in. piece natural linen; 23×18-in. piece backing; ¼ yd. pinstripe for ruffle; scrap green for piping; DMC embroidery floss in the following amounts and colors: 3 skeins No. 122 variegated green, 3 skeins No. 115 variegated red, 1 skein No. 321 red, 1 skein No. 931 teal blue, 1 skein No. 3765 turquoise; 22×17-in. self-made pillow form.

Machine appliqué tips: Practice with scraps of the same fabrics to ensure that appliqués lie smoothly. If you need to stabilize lightweight fabrics, pin a sheet of thin typing paper or an appliqué product, such as Stitch-N-Tear, underneath the base fabric, then satin-stitch through all three layers. When completed, tear away the typing paper or appliqué product.

Instructions: Finished size, approximately 22×17 in., excluding ruffle. Enlarge design on *page 116* to scale; transfer to linen, centering.

Using 3 plies floss and stem

continued on page 112



(Butter Recipe)

The Toll House® Cookie Was Hard To Beat,



(Crisco Recipe)

Until Now.

Welcome springtime with Ultimate Chocolate Chip Cookies with Butter Flavor* Crisco®. They bake up higher and moister than Toll House cookies made with butter. No wonder cooks who know trust Crisco.

The Ultimate Chocolate Chip Cookie

- ¾ cup Butter Flavor Crisco
- 1¼ cups firmly packed light brown sugar
- 2 Tbsps. milk
- 1 Tbsp. vanilla
- 1 egg
- 1¾ cups all-purpose flour
- 1 tsp. salt
- ¾ tsp. baking soda
- 1 cup semi-sweet chocolate chips
- 1 cup large pecan pieces (optional)**

1. Heat oven to 375°F.
2. Combine Butter Flavor Crisco, brown sugar, milk and vanilla in a large bowl.
3. Beat at med. speed of elec. mixer until creamy.
4. Beat egg into creamed mixture.
5. Combine flour, salt and baking soda and mix into creamed mixture until just blended.
6. Stir in chocolate chips and pecan pieces.
7. Drop rounded tablespoonfuls (about 2 measuring Tbsps.) of dough 3 inches apart onto ungreased baking sheet.
8. Bake at 375°F for 8 to 10 mins. for chewy cookies (cookies will appear moist–DON'T OVERBAKE), or 11 to 13 mins. for crisp cookies.
9. Cool on baking sheet 2 mins. Remove to foil on countertop.

Yield: About 2½ Dz. Cookies.

**Note: If nuts are omitted, use 1½ cups semi-sweet chocolate chips.



Cooks Who Know Trust Crisco

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Flights of Fancy

continued from page 111

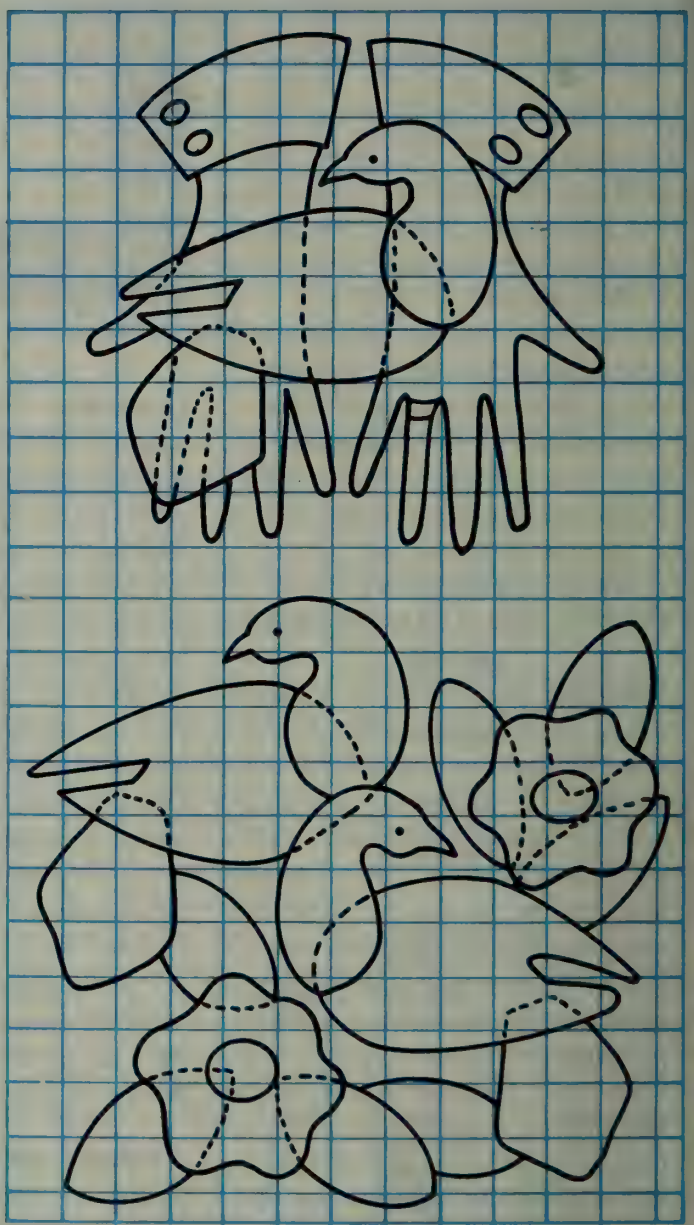
stitch, embroider design in these colors: leaves in No. 122; stems, tree branches, and twiggy parts of birdhouse in No. 115; bird underbodies and tails in No. 931; bird upper bodies and wings in No. 3765; and birdhouse side, roof, and front in No. 321. Trim front to match backing. Assemble as desired using ½-in. seam allowances.

SUNFLOWER AND CROW WHIRLIGIG

page 106

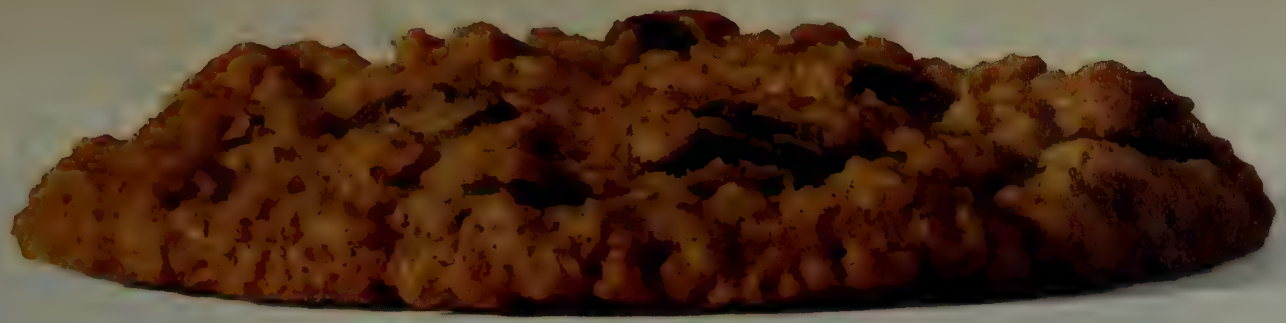
To order a full-size pattern, step-by-step instructions, and assembly diagrams for the whirligig, see *page 117*.

Bird in the Hand and Two in the Bush Pillows



1 square = 1 inch

continued on page 116



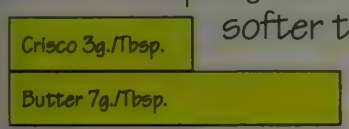
(Butter Recipe)

Crisco's Oatmeal Cookie Bakes Up Higher And Softer. No If's, And's Or Butter.



(Crisco Recipe)

Celebrate spring with Crisco's deliciously moist and chewy oatmeal cookies. They bake up softer than this popular cookie* made with butter. And cup for cup, Crisco® has 50% less saturated fat than butter. So start off your spring right, with Crisco's Chewy Oatmeal Cookies.



Saturated Fat Comparison.
Crisco 12g. total fat per tablespoon.

Kids' Favorite Chewy Oatmeal Cookie

- ¾ cup Butter Flavor† Crisco
- 1 ¼ cups firmly packed light brown sugar
- 1 egg
- ⅓ cup milk
- 1 ½ tsps. vanilla
- 3 cups Quaker® Oats (quick or old-fashioned uncooked)
- 1 cup all-purpose flour
- ½ tsp. baking soda
- ½ tsp. salt
- ¼ tsp. cinnamon
- 1 cup raisins
- 1 cup coarsely chopped walnuts

Yield: About 2½ Dozen Cookies.

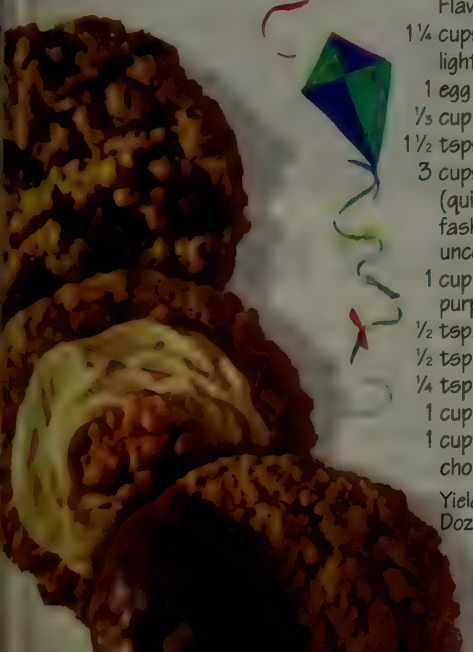
1. Heat oven to 375°F. Grease baking sheet with Butter Flavor Crisco.
2. Combine Butter Flavor Crisco, light brown sugar, egg, milk and vanilla in large bowl.
3. Beat at medium speed of electric mixer until well blended.
4. Combine oats, flour, baking soda, salt and cinnamon.
5. Mix into creamed mixture at low speed just until blended.
6. Stir in raisins and nuts.
7. Drop rounded tablespoonfuls of dough 2 inches apart onto baking sheet.
8. Bake at 375°F for 10 to 12 minutes, or until lightly browned.
9. Cool 2 mins. on baking sheet. Remove to kitchen counter.

Oatmeal Cookie Variations:

Half-Dipped Cookies – Omit raisins & nuts. Bake & cool. Microwave 1 cup Duncan Hines® Dutch Fudge Frosting for 20-25 seconds, or until smooth and thin. Dip top half of cookie in frosting. Lay on waxed paper until set.

Favorite Chip Cookies – Omit raisins & nuts. Add 1 cup baking chips to batter. Bake & cool.

Maple Walnut Cookies – Omit raisins. Add 1½ tsps. maple flavoring to dough. Bake & cool. Frost top of cooled cookie with mixture of 1 container Duncan Hines Vanilla Layer Cake Frosting and 1 tsp. maple flavoring. Garnish with walnut half.





Cooks Who Know Trust Crisco

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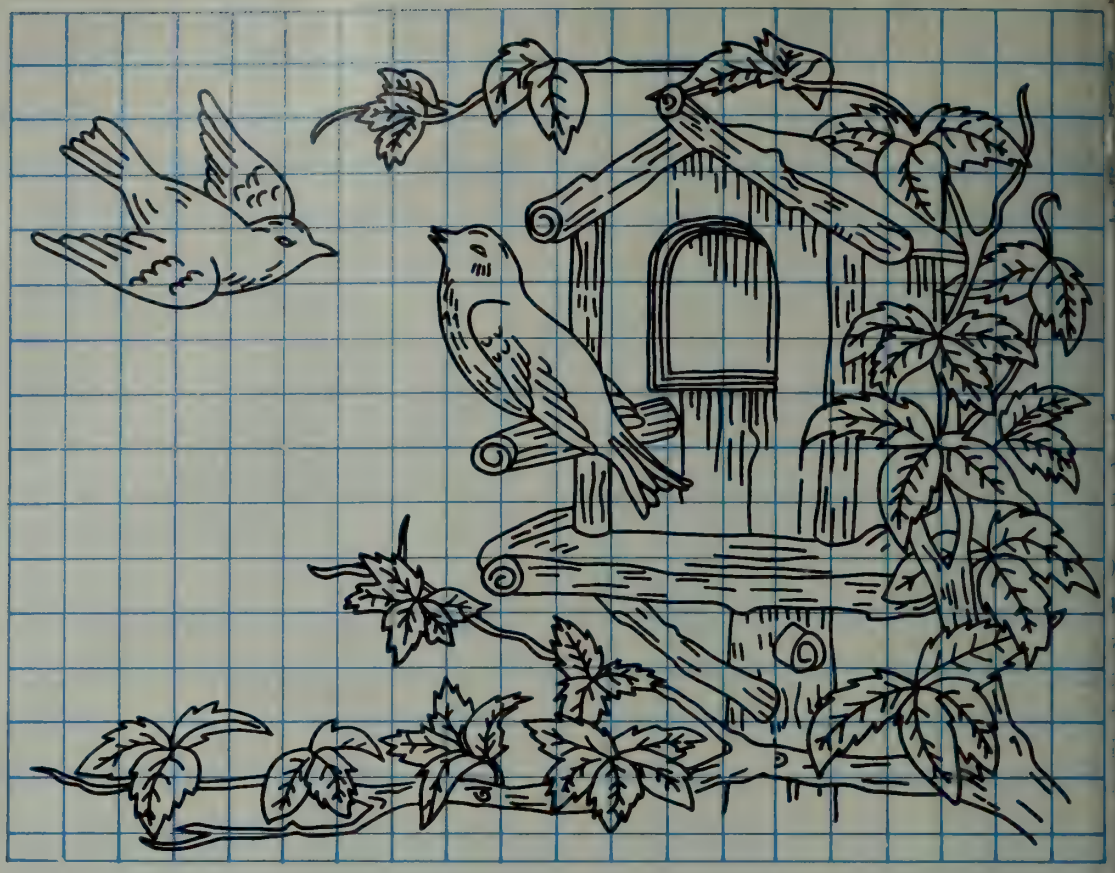
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Flights of Fancy

continued from page 112



Embroidered Bluebird Pillow

1 square = 1 inch

continued on page 122



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Flights of Fancy Projects

The feathered friends and gorgeous flowers shown in this story are easy to duplicate when you use our full-size patterns, iron-on transfers, and woodworkers' project plans.



Our **Birds of a Feather Pillow Pack** includes *full-size* patterns for both appliqué pillows ("A Bird in the Hand" and "Two in the Bush") plus a *full-size* iron-on transfer for the embroidered design ("Bluebird Pillow"). The pattern pack also includes color photos and complete step-by-step instructions for all three projects. The cost of the Pillow Pack is $15.95.





The **Sunflower and Crow Whirligig** and the **Hollyhock Fire Screen Project Plans** are professional-quality woodworkers' blueprints including full-size cutting patterns, lists of materials, assembly diagrams, and complete step-by-step instructions. The Fire Screen Project Plan also includes directions to make the Picket Fence. Each plan is sold separately and costs $12.95.



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Make a list of the products you wish to order and calculate the total from the price(s) shown. Then send your list along with your name, address, and a check or money order for the total amount to: *Better Homes and Gardens*® Reader Shopping Service, P.O. Box 9128, Department 9403, Des Moines, IA 50306-9128. All prices include shipping, handling, and sales tax, if applicable.

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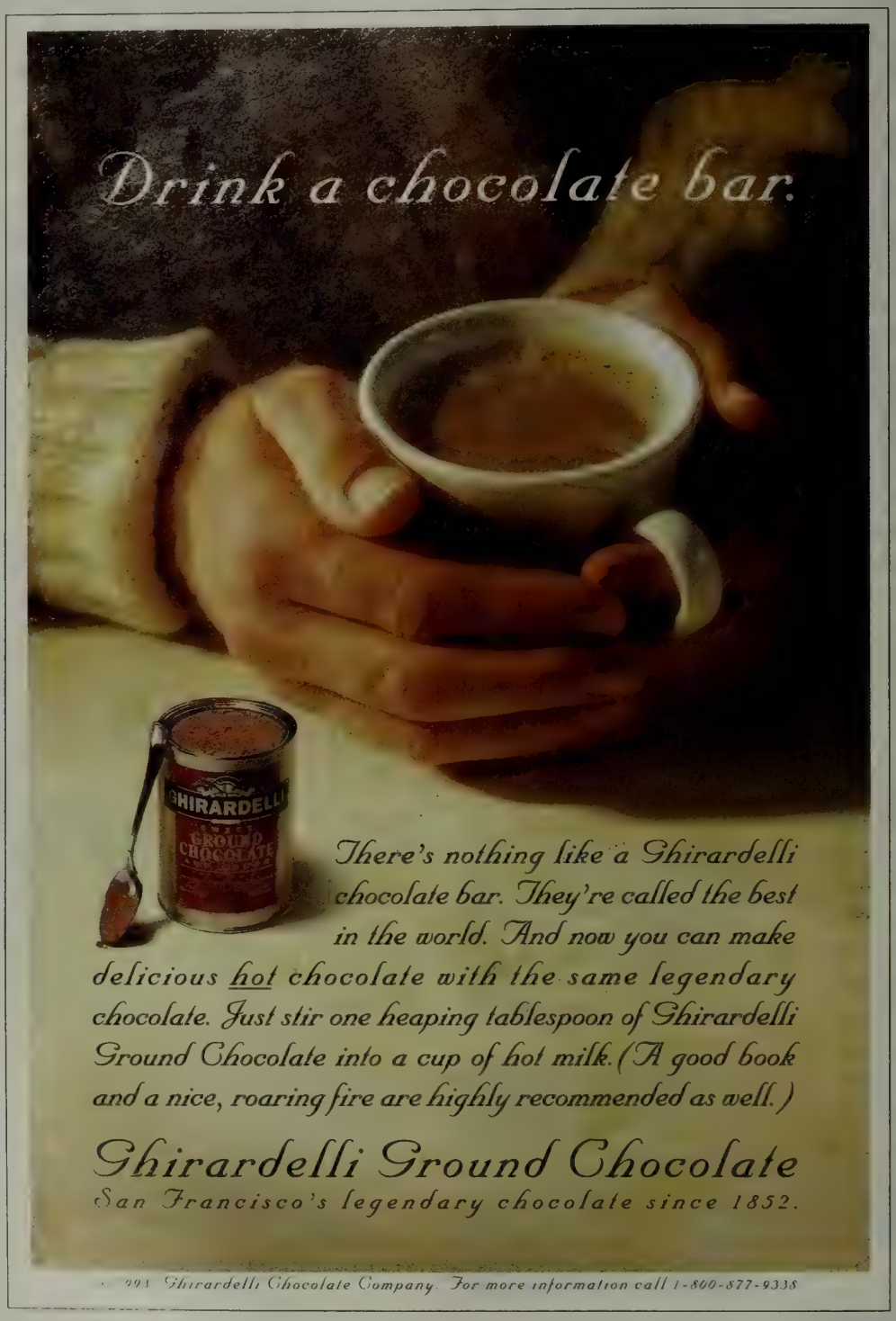
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MARVIN WINDOWS ARE MADE TO ORDER.

Framing Tips

Cross-stitch mistakes aren't always made with a needle and floss. Poor framing choices and finishing shortcuts often turn a well-stitched design into a so-so sampler. Here's how to make the most of your precious handiwork.



PREPARING THE NEEDLEWORK

Before stitching, prewash the floss by holding each skein under cool running water until the water runs clear. Let the floss air dry completely. This will prevent the floss colors from running later. Hand-wash your completed stitchery in cool water and gentle soap, rinsing it well and taking care not to wring the fabric or rub the design against itself. This washing prevents hidden dirt and body oils from surfacing later or breaking down fibers.

Blot the stitchery dry with towels, then sandwich it between two clean, dry towels. Roll the needlework and towels together jelly-roll fashion, making sure that the needlework does not wrinkle. Let it dry over a period of days until completely dry. If the floss has not been prewashed, skip the washing and [illegible].

Lightly steam your work, taking care not to flatten the stitches. If you are mounting and framing the stitchery yourself, be sure to keep grain lines perfectly straight. Pad the frame backing lightly with polyester batting. Wrap the stitchery over the backing, keeping all grain lines straight. Lightly tape the edges to the back, then glue them in place with fabric adhesive.

MATS

Choose mat colors that complement both the stitchery and your decor and that tie the two together. Top-notch framers will have samples of many colors so you can try different combinations. Many framers can custom-cut angles, openings, and designs, but be careful —these special touches may overpower your sampler.

GLASS

Whether or not to frame with glass is a matter of personal preference. When using glass, be sure to hold the glass away from the stitchery with mats or spacers. Otherwise moisture trapped inside may later damage the fabric.

FRAMES

Choose a frame that's in sync with the needlework and your home. For example, simple samplers and contemporary cross-stitches do well with unassuming frames. More elaborate Victorian stitcheries are most at home in wider, fancier frames.

Gaze in wonder at an underwater paradise!



Shown smaller than actual size of 8¼" in diameter.

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ff Anahola

r Robert Lyn Nelson

limited-edition collector plate trimmed in 23kt gold

s a solitary bird circles near Anahola Valley, daybreak finds the lush vaiian island of Kauai still sleeping… a wondrous world of life is stirring *er the sea!*

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*Includes $2.95 per plate for shipping and handling. Any applicable sales tax will be billed with shipment.

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Flights of Fancy

continued from page 116

Birds of a Feather Cross-Stitch



1 Square = 1 Stitch

310 Black	341 Lt. Blue	553 Med. Purple	844 Dk. Gray	3685 Burgundy
333 Blue Purple	470 Dull Yellow Green	646 Med. Gray	906 Bright Yellow Green	3688 Pink
340 Med. Blue	471 Yellow Green	648 Lt. Gray	3041 Dull Purple	3689 Lt. Pink

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NOSEGAY (Bride's Bouquet)—Simple triangles assembled to create old-fashioned bouquets of color.



FLOWER BASKET—This design uses both piecing and appliqué techniques to show a full range of the maker's skills.

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A change of heart.

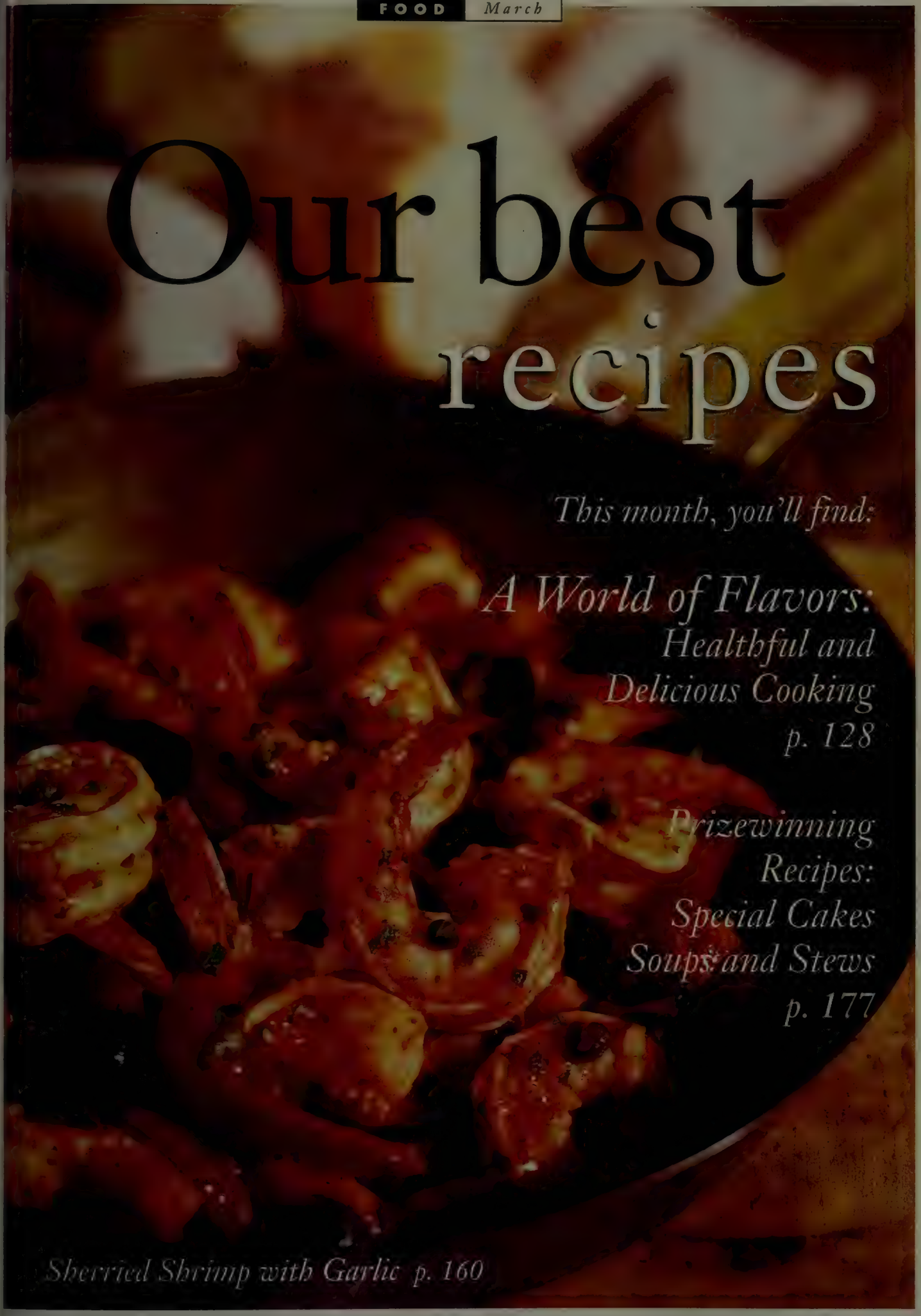


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Our best recipes

This month, you'll find:

A World of Flavors: Healthful and Delicious Cooking
p. 128

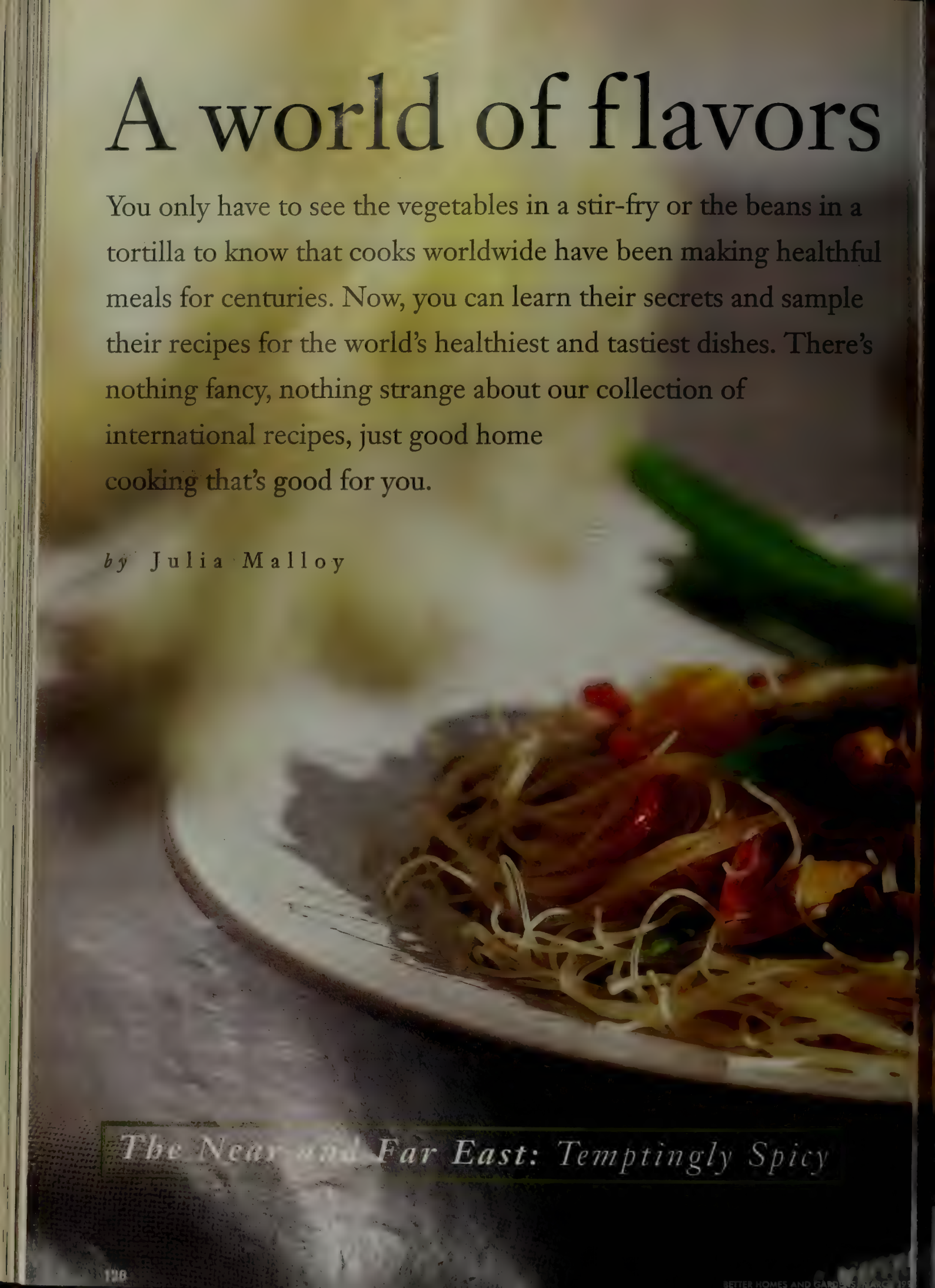
Prizewinning Recipes: Special Cakes Soups and Stews
p. 177

Sherried Shrimp with Garlic *p. 160*

A world of flavors

You only have to see the vegetables in a stir-fry or the beans in a tortilla to know that cooks worldwide have been making healthful meals for centuries. Now, you can learn their secrets and sample their recipes for the world's healthiest and tastiest dishes. There's nothing fancy, nothing strange about our collection of international recipes, just good home cooking that's good for you.

by Julia Malloy



The Near and Far East: Temptingly Spicy



Curried Peas, Cauliflower, and Potatoes

In India, curry powder translates to garam masala, a no-fat blend of spices and peppers. Use it to pique the taste of simple vegetables.

Red Pepper Pork and Noodles

The scent of citrus and sesame oil accents this simple stir-fry of Japanese rice noodles. Turn up the heat a little or a lot with fiery dried peppers.

Recipes begin on page 140

The New World: A Satisfying Feast





Beef and Bean Burritos

A trio of fat-free Mexican vegetables—corn, pinto beans, and jicama—add color, crunch, and fiber to these stuffed tortillas.

Spicy Red Snapper with Mango Salsa

In the sunny Caribbean, fish is the order of the day. Cool, juicy tropical fruits help relieve the heat of peppery spices rubbed onto red snapper.

Recipes begin on page 144

Europe: Old-World Taste

Basque Chicken

Savor the ingredients of the peasant-style cooking of southern France—chicken simmered with juicy tomatoes and lean ham.

Lemon-Glazed Vegetables with Dill

Tender new potatoes, rutabaga, turnips, parsnips, and carrots are all Scandinavian staples that taste great on American tables too.

Recipes begin on page 154





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Scarlet Salad with Red Wine Vinaigrette and Dijon Croutons

Turn to food-loving France for exciting fresh greens and exotic vegetables. This salad is splashed with vinaigrette and served with crusty oversize croutons.

Recipes begin on page 157

©1994 Campbell Soup Company

Now You Can Make Chicken And Pork From Vegetables.



Here's a couple of delicious vegetable soups that can help you create everything from a stuffing to a sauce, from delectable side dishes to dazzling main dishes.

Campbell's. Never Underestimate The Power Of Soup.®



Crispy Chicken With Asparagus Sauce

Prep Time: 10 min. Cook Time: 20 min.

- 4 skinless, boneless chicken breast halves
- 1 egg or 2 egg whites, beaten
- 1/2 cup dry bread crumbs
- 2 tbsp. vegetable oil
- 1 can (10 3/4 oz.) Campbell's® Cream of Asparagus Soup
- 1/3 cup each milk and water

1. In shallow dish, dip chicken into egg; coat with bread crumbs.
2. In skillet over medium-low heat, in hot oil, cook chicken 15 min. or until browned on both sides and no longer pink. Remove; keep warm. Pour off fat.
3. In skillet over low heat, combine soup, milk and water. Heat through, stirring occasionally. Serve over chicken with parslied rice. Garnish with cherry tomatoes if desired. Serves 4.



Pork & Corn Stuffing Bake

Prep Time: 10 min. Cook Time: 30 min.

- 1 can (10 3/4 oz.) Campbell's® Golden Corn Soup
- 1 1/2 cups Pepperidge Farm® Corn Bread Stuffing
- 1/4 cup finely chopped celery
- 1/4 cup finely chopped onion
- 1/2 tsp. paprika
- 4 boneless pork chops, 3/4" thick
- 1 tbsp. packed brown sugar
- 1 tsp. spicy brown mustard

1. Combine soup, stuffing, celery, onion and paprika. In 9" greased pie plate, spoon stuffing. Arrange chops on stuffing, pressing lightly into stuffing.
2. Combine sugar and mustard. Spread mixture evenly over chops.
3. Bake at 400° F. 30 min. or until chops are no longer pink. Garnish with celery leaves if desired. Serves 4.

The Mediterranean:
Simple, Sun-Ripened Goodness



Pasta with Artichokes and Basil

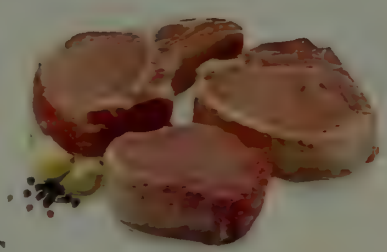
Wrap ribbons of pasta tossed with garden-fresh vegetables and basil around your fork. A dusting of Parmesan adds flavor without much fat.

Recipes begin on page 157



The most delicious things happen when you cut into pork.

These Tangy Fruit Pork Chops will get you out
dinner jam anytime. All it takes is some fresh,
n, boneless pork chops and a few extra
edients you probably already have on hand.
paration and cooking time: 20 minutes.



Tangy Fruit Pork Chops

wn four boneless **pork loin chops** in large nonstick skillet with ½ teaspoon
etable oil, turn chops. Stir in ½ cup of **cranberry sauce or your favorite**
it jam and one tablespoon each prepared **mustard** and **vinegar.** Cover
simmer gently for five minutes. Serve with cornbread and your favorite
etable. Serves four.

ert information, approximately, per serving: 226 cal.; 8 g. total fat; 3 g. saturated fat; 70 mg. cholesterol.

For recipes, send a self-addressed, stamped, business-size envelope to:
Recipes-Ad, Box 10383, Des Moines, IA 50306.

er: analysis done by The Food Processor II Diet Analysis Software. Pork data from USDA Handbook 8-10 (1991).

The Other White Meat.®

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The Mediterranean:
Simple, Sun-Ripened Goodness



PHOTOGRAPHS: MARK THOMAS. FOOD STYLIST: DORA JONASSEN. PROP STYLIST: ANITA CALERO

Grilled Lamb with Rosemary-Lemon Sauce

Marinate lean lamb in the flavors of Greece—fresh lemon, fragrant rosemary, and sultry garlic—then sizzle it over hot coals. Serve fiber-rich Spiced Lentil-Bulgur Pilaf alongside.

Recipes begin on page 159



100% Log Cabin®

Syrup



50% Less Calories

Cabin Lite® has half the calories of regular syrup.

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Getting the best of a California Avocado.

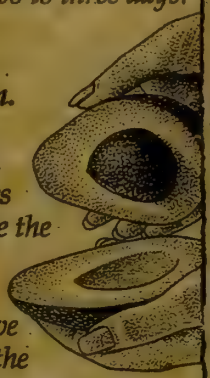
How to Pick 'Em.
Choose blemish-free fruit. A ripe avocado yields to gentle pressure. An unripe avocado is hard and will need a few days to soften.



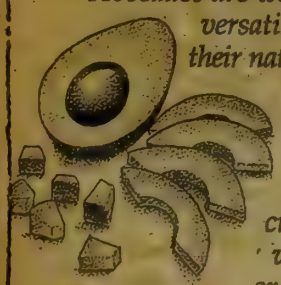


How to Ripen 'Em.
To ripen firm fruit, put your avocados in a paper bag with an apple for two to three days.

How to Handle 'Em.
Cut lengthwise around the seed. Rotate the halves to separate. Slide the tip of a spoon gently under the seed to remove it. Then take off the peel with a knife or your hand.



Serving Suggestions.
Sliced. Diced. Cubed. Mashed. Dolloped. Or in a half-shell. Avocados are wonderfully versatile. To keep their natural green color and enhance flavor, sprinkle cut surfaces with lemon or lime juice.





California AVOCADOS

Naturally Cholesterol Free

A World of Flavors

continued from page 138

THE NEAR AND FAR EAST

RED PEPPER PORK AND NOODLES

The fresh vegetables and Oriental rice sticks or noodles in this stir-fry make it carbohydrate rich. You can buy these white noodles in the pasta section of some supermarkets or in Oriental food shops.

- 12 oz. boneless lean pork
- 1 cup chicken broth
- 2 Tbsp. reduced-sodium soy sauce
- 2 tsp. cornstarch
- 5 oz. rice sticks or noodles, angel hair pasta, or vermicelli
- 2 Tbsp. reduced-sodium soy sauce or oyster sauce
- 2 Tbsp. finely chopped fresh lemongrass or ¾ tsp. finely shredded lemon peel
- 1½ tsp. toasted sesame oil
- ½ to 1 tsp. crushed red pepper
- 1 Tbsp. cooking oil
- 2 cloves garlic, minced
- 8 green onions, bias-sliced into 1-inch lengths
- 1 medium red, yellow, orange, or green sweet pepper, cut into thin strips
- 2 ounces pea pods, halved crosswise diagonally (1 cup)
- 1 medium orange, peeled, cut crosswise into ½-inch-thick slices, and halved
- Orange wedges (optional)
- Green onions (optional)

Trim fat from pork. Partially freeze meat. Thinly slice across the grain into bite-size strips. Set aside.

For sauce, in a small mixing bowl stir together broth, 2 tablespoons soy sauce, and cornstarch; set aside.

Soak rice sticks for 15 minutes in enough warm water to cover. Drain well. Cut into 2- to 3-inch lengths, if desired. Set aside. (Or, break pasta into 2- to 3-inch lengths; cook according to package directions.)

In another mixing bowl combine pork strips, 2 tablespoons soy sauce or oyster sauce, lemongrass or lemon peel, sesame oil, and crushed red pepper. Cover and let stand for 20 minutes.

Pour cooking oil into a wok or 12-inch skillet. (Add more oil as necessary during cooking.) Preheat over medium-high heat. Stir-fry garlic in hot oil for 15 seconds. Add green onion, pepper strips, and pea pods; stir-fry for 2 minutes or till vegetables are crisp-tender. Remove vegetables from wok.

Add meat mixture to the hot wok. Stir-fry for 2 to 3 minutes or till no pink remains. Push meat to sides of wok. Stir sauce; add to center of wok. Cook and stir till thickened and bubbly. Add soaked rice sticks or cooked pasta and vegetables; stir to coat. Stir in orange slices. Serve immediately. If desired, garnish with orange wedges and green onions. Makes 4 main-dish servings.

Nutrition facts per serving: 253 cal., 11 g total fat (4 g sat. fat), 39 mg chol., 784 mg sodium, 21 g carbo., 2 g fiber, 17 g pro. Daily Value: 20% vit. A, 106% vit. C, 3% calcium, 14% iron.

CURRIED CAULIFLOWER, PEAS, AND POTATOES

Keep Garam Masala, the homemade Indian-style spice mix used in this recipe, on hand for seasoning poultry, fish, and vegetables.

- 6 to 8 tiny new potatoes, quartered (1 to 1½ lb.)
- 1 medium onion, chopped (½ cup)
- 1 Tbsp. cooking oil
- 1 cup water
- 1 tsp. Garam Masala (see recipe, page 142) or curry powder
- ¾ tsp. salt
- ½ tsp. ground coriander
- ½ tsp. ground turmeric
- ¼ tsp. ground cumin
- ⅛ tsp. crushed red pepper
- 2 cups cauliflower flowerets
- ¾ cup frozen peas

continued on page 142



Make it memorable.

California avocados have a way of making simple dishes unforgettable. You'll find their smooth, creamy flavor blends with an endless variety of ingredients. And when it comes to tostadas, nothing tops them better. Want some rave reviews? Just ask for ripe California avocados.

California AVOCADOS

Naturally Cholesterol Free

A World of Flavors

continued from page 140

In a large skillet cook potatoes and onion in hot cooking oil till the edges start to brown. Add water, Garam Masala or curry powder, salt, coriander, turmeric, cumin, and crushed red pepper. Bring to boiling; reduce heat. Cover and simmer for 10 minutes.

Add cauliflower; cook about 5 minutes more or till vegetables are tender, stirring occasionally. Add frozen peas; heat through, adding more water, if necessary.

Transfer vegetables to a bowl. Makes 4 to 6 side-dish servings.

Garam Masala: In an 8x8x2-inch baking pan combine 2 tablespoons whole black peppercorns, 4 teaspoons cumin seed, 2 teaspoons whole cloves, 1 teaspoon coriander seed, 1 teaspoon whole cardamom seed (pods removed), and 3 inches broken stick cinnamon. Roast in a 350° oven for 15 minutes. In a blender container place roasted spices. Cover tightly; blend till very fine. Cool to room temperature. Store in a covered container in a cool, dry place. Makes about ⅓ cup.

Nutrition facts per serving: 238 cal., 4 g total fat (1 g sat. fat), 0 mg chol., 449 mg sodium, 46 g carbo., 4 g fiber, 7 g pro. Daily Value: 2% vit. A, 72% vit. C, 4% calcium, and 25% iron.



Bring the dough up and around the filling, allowing a small portion of filling to show at the top. Press the dough firmly around the filling, pleating to fit.



Serve small individual bowls of Soy Dipping Sauce so guests can dip their own Bee Steamed Dumplings.

BEEF STEAMED DUMPLINGS

Steaming, a timeless Oriental cooking tradition, keeps the fat in these appetizer bundles to a minimum.

- 2 cups all-purpose flour
- ½ tsp. salt
- ⅔ cup boiling water
- ¼ cup cold water
- 2 Tbsp. hoisin sauce or reduced-sodium soy sauce
- 1 tsp. cornstarch
- 1 cup finely chopped bok choy
- 1 medium carrot, shredded (½ cup)
- 2 Tbsp. thinly sliced green onion
- 2 Tbsp. snipped fresh cilantro
- ¼ tsp. salt
- ¾ lb. lean ground beef
- 1 recipe Soy Dipping Sauce (see recipe, *page 144*)
- Fresh cilantro (optional)

For dough, in a medium mixing bowl combine flour, the ½ teaspoon salt, and the boiling water, stirring constantly with a fork. Add the cold water; mix with hands till dough forms a ball. (The dough will be sticky.) Cover and set aside.

For filling, in a medium mixing bowl stir together hoisin or soy sauce and cornstarch. Stir in bok choy, carrot, green onion, cilantro and the ¼ teaspoon salt. Add ground beef; mix well. Using about 1 tablespoon for each, shape filling into 30 balls. Set aside.

Divide dough in half. Return one portion to the bowl; cover and set aside. Divide the other portion into 15 balls. On a well-floured surface roll each dough ball into a 3-inch circle. Place a meatball in the center of each circle. Fold the dough up and around filling, allowing the filling to show at the top. Press dough firmly around filling, pleating to fit (see photograph, *left*). Gently flatten the bottom of each dumpling. Repeat with remaining dough and filling to make 30 dumplings total.

continued on page 14



Lipton Noodles & Sauce. The part of dinner your family can't wait to tear into.

The part of a chicken dinner people can't wait to sink their teeth into isn't just the chicken. It's Lipton® Chicken Noodles & Sauce.

Maybe it's the tender egg noodles, savory chicken stock, parsley and other select herbs and spices that give it a delicately seasoned taste. Then again, there's the velvety smooth sauce that they hunger for.

Make it tonight and you'll know exactly what they'll do. Tear into it.



The taste you can't wait to tear into.



A World of Flavors

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In a steamer or Dutch oven bring water to boiling. Place dumplings, open side up, on a greased steamer rack so the edges don't touch. (If all the dumplings won't fit on a steamer rack, refrigerate remainder till ready to steam.) Place rack over, but not touching, boiling water. Cover and steam dumplings for 16 to 18 minutes or till no pink remains in meat. Serve warm with Soy Dipping Sauce. If desired, garnish with cilantro. Makes 30 dumplings.

Soy Dipping Sauce: Combine ¼ cup rice vinegar or white vinegar and ¼ cup reduced-sodium soy sauce. Sprinkle with 1 teaspoon thinly sliced green onion.

Nutrition facts per dumpling: 54 cal., 1 g total fat (1 g sat. fat), 7 mg chol., 201 mg sodium, 7 g carbo., 0 g fiber, 3 g pro. Daily Value: 7% vit. A, 4% vit. C, 0% calcium, and 4% iron.

TANDOORI-STYLE CHICKEN

Roast chicken marinated in spices and yogurt is an aromatic specialty of India. It's moist, delicious, and easy to make.

- 1 2½- to 3-lb. whole broiler-fryer chicken
- 1½ tsp. ground coriander
- ¾ tsp. ground cumin
- ½ tsp. salt
- ½ tsp. ground cardamom
- ½ tsp. pepper
- ¼ tsp. ground cinnamon
- ⅛ tsp. ground cloves
- 2 8-oz. cartons plain nonfat yogurt
- 1 Tbsp. paprika
- 1 Tbsp. grated gingerroot
- 1 Tbsp. lemon juice
- ⅓ cup finely chopped onion
- 2 cloves garlic, minced
- 2 tablespoons water
- ½ cup chopped, seeded cucumber
- 1 Tbsp. diced pimiento, drained
- Fresh cilantro (optional)
- Lemon wedges (optional)
- Onion wedges (optional)

Remove skin and giblets from chicken. Rinse cavity and outside of chicken; pat dry with paper towels. Tie drumsticks to tail; twist wing tips under back. Place chicken in a plastic bag set in a shallow bowl. Set chicken aside. In a small bowl combine coriander, cumin, salt, cardamom, pepper, cinnamon, and cloves; set aside.

For marinade, combine 1 tablespoon of the spice mixture, 1 carton of yogurt, paprika, gingerroot, and lemon juice. Pour over the chicken in the bag. Close bag; chill for 4 to 24 hours.

For sauce, in a small saucepan cook onion, garlic, and remaining spice mixture in the 2 tablespoons water, covered, for 5 minutes. Do not drain. Cool. Stir in remaining carton of yogurt. Cover and chill.

Remove chicken from marinade; discard marinade. Place bird, breast side up, on a rack in a shallow roasting pan. Insert a meat thermometer into the center of one of the inside thigh muscles. The bulb should not touch the bone. Roast, uncovered, in a 375° oven for 1¼ to 1½ hours or till done. The thermometer should register 185° and the juices should run clear.

For sauce, stir cucumber and pimiento into the chilled yogurt sauce. Serve with chicken. If desired, garnish the serving platter with cilantro, lemon wedges, and onion wedges. Makes 6 main-dish servings.

Nutrition facts per serving: 217 cal., 7 g total fat (2 g sat. fat), 78 mg chol., 219 mg sodium, 9 g carbo., 0 g fiber, 30 g pro. Daily Value: 4% vit. A, 7% vit. C, 14% calcium, and 9% iron.



Serve spicy roast chicken with a refreshing cucumber yogurt sauce.

THE NEW WORLD

SPICY RED SNAPPER WITH MANGO SALSA

While red snapper is the Caribbean fish of choice for this recipe, you can use other firm-fleshed whitefish, such as redfish, orange roughy, or haddock.

continued on page 147

Now, Soup Starter® has even more delicious homemade flavor.

Mmm. Get ready for bigger, better tasting vegetables. More carrots, green beans, potatoes, celery and peas for an even heartier homemade flavor. Just add meat, water and let it simmer. One taste will tell you this is how homemade soup was meant to be.



BORDEN®
IF IT'S BORDEN - IT'S GOT TO BE GOOD

More vegetables. More flavor. (What a mouthful.)



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A World of Flavors

continued from page 144

- 1 lb. fresh or frozen red snapper fillets
- 1 Tbsp. lime juice
- 1 Tbsp. water
- 1 tsp. paprika
- ½ tsp. salt
- ¼ tsp. ground ginger
- ¼ tsp. ground allspice
- ¼ tsp. pepper
- 1 recipe Mango Salsa (see recipe, *below*)
- 1 medium lime, cut into wedges (optional)
- Parsley or cilantro sprigs (optional)

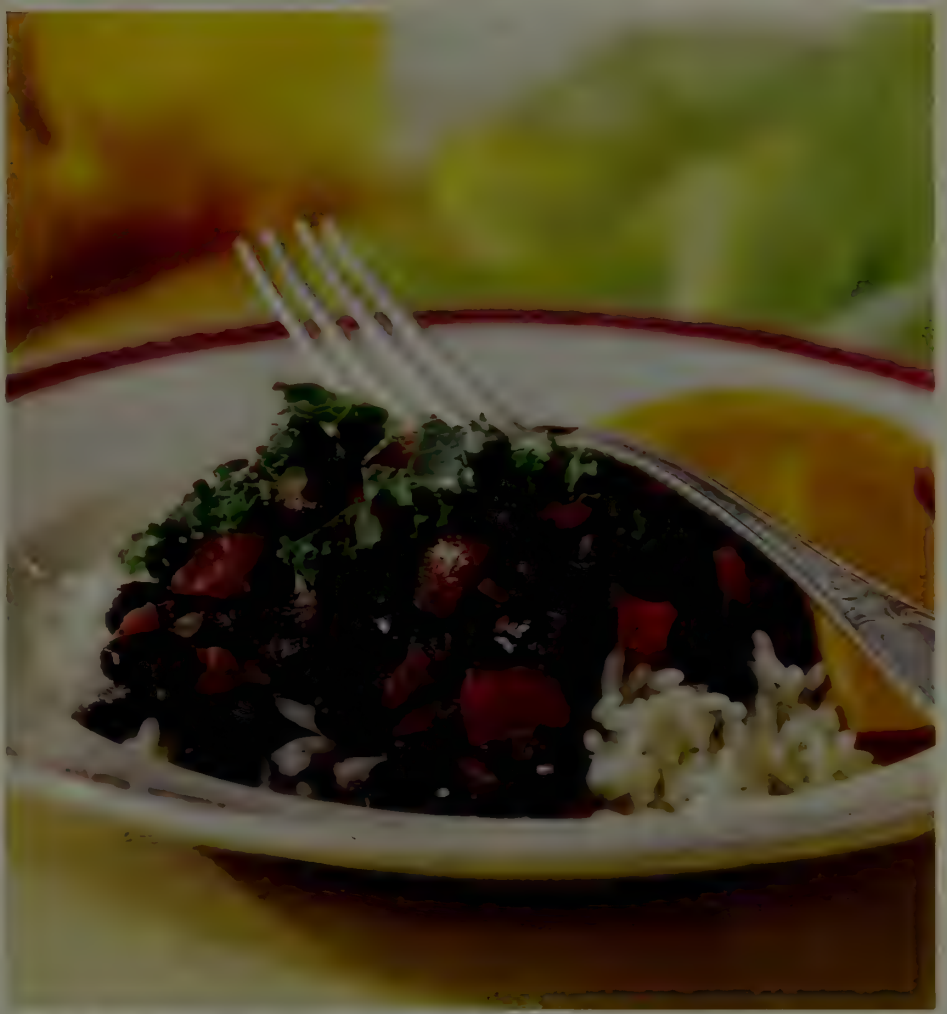
Thaw fish, if frozen. Rinse; pat dry with paper towels. Cut into 4 serving-size portions. Measure thickness of fish. Brush with a mixture of lime juice and water. In a bowl combine paprika, salt, ginger, allspice, and pepper; rub onto fish.

Arrange fish in a shallow baking pan. Bake, uncovered, in a 450° oven till fish just flakes easily when tested with a fork. Allow 4 to 6 minutes for each ½ inch of thickness.

To serve, brush fish with pan juices. Serve with Mango Salsa. If desired, garnish with lime wedges and parsley or cilantro. Makes 4 main-dish servings.

Mango Salsa: In a medium mixing bowl combine 1 mango, peeled, seeded, and chopped (about 1½ cups); 1 medium red sweet pepper, seeded and finely chopped; ¼ cup thinly sliced green onion; 1 Scotch bonnet or hot green chili pepper, seeded and finely chopped; 3 tablespoons olive oil; 2 tablespoons lime juice; 1 tablespoon vinegar; ½ teaspoon finely shredded lime peel; ¼ teaspoon salt; and ¼ teaspoon pepper. Makes 2 cups.

Nutrition facts per serving: 256 cal., 12 g total fat (2 g sat. fat), 42 mg chol., 453 mg sodium, 14 g carbo., 2 g fiber, 24 g pro. Daily Value: 46% vit. A, 119% vit. C, 4% calcium, and 5% iron.



Though some versions of Brazil's national dish contain meat, you won't miss it in this satisfying entrée. Serve it with sweet potatoes, fresh greens, and rice.

BRAZILIAN BLACK BEANS

Each serving of this full-flavored combo provides one-fourth of the fiber, half of the vitamin C, and three-quarters of the vitamin A you need for the day, plus enough protein to make it a main dish. Now that's nutritious!

- 8 oz. dry black beans (1⅛ cups)
- 3 cups water
- ½ cup chopped onion
- 2 cloves garlic, minced
- 1 bay leaf
- ¼ cup snipped parsley
- ½ tsp. salt
- ½ tsp. crushed red pepper
- 3 cups water
- 1 medium sweet potato, halved lengthwise and sliced ¼ inch thick
- 1 16-oz. can diced tomatoes
- ½ tsp. finely shredded orange peel
- 3 cups hot cooked rice
- Shredded kale, spinach, or flat-leaf parsley (optional)

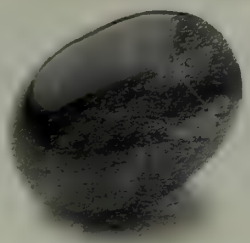
Rinse beans. In a large saucepan combine beans and enough water to cover. Bring to boiling; reduce heat. Simmer for 2 minutes. Remove from heat. Cover; let stand for 1 hour. (Or, soak beans in water in a large saucepan. Cover; set in a cool place for 6 to 8 hours or overnight.)

Drain beans in a colander; rinse. Return beans to the saucepan. Stir in onion, garlic, bay leaf, parsley, salt, and red pepper. Stir in 3 cups fresh water. Bring to boiling; reduce heat. Cover and simmer about 1½ hours or till beans are tender, adding more water, if necessary, and stirring occasionally.

Meanwhile, cook sweet potato in boiling salted water to cover for 15 to 20 minutes or till tender; drain.

Remove bay leaf from beans; discard. Add tomatoes to bean mixture. Uncover and simmer, stirring occasionally, for 15 to 20 minutes more or till a thick gravy forms.

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A World of Flavors

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Stir in orange peel. To serve, spoon beans over hot rice. Serve with sweet potato. If desired, sprinkle with shredded kale, spinach, or flatleaf parsley. Makes 4 main-dish servings.

Nutrition facts per serving: 368 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 472 mg sodium, 74 g carbo., 6 g fiber, 16 g pro. Daily Value: 74% vit. A, 49% vit. C, 8% calcium, 33% iron.

BEEF AND BEAN BURRITOS

Use lean meat and low-fat cheese and sour cream to keep fat in check.

- ½ lb. lean ground beef or turkey
- ½ cup sliced green onion
- ½ cup chopped jicama
- 2 cloves garlic, minced
- ¼ cup water
- 4 tsp. chili powder
- 1 Tbsp. unsweetened cocoa powder
- 2 tsp. sugar
- 1 15-oz. can pinto beans, rinsed and drained
- ½ cup frozen whole kernel corn
- 2 to 4 Tbsp. diced green chili peppers, drained, or 2 to 4 jalapeño peppers, seeded and chopped
- 10 8-inch flour tortillas
- 1 cup shredded reduced-fat sharp cheddar or Monterey Jack cheese (4 oz.)
- Shredded lettuce
- Salsa
- Low-fat dairy sour cream or plain yogurt
- Thinly sliced green onion
- Scotch bonnets or other fresh hot chili peppers (optional)

For filling, in a large skillet cook ground beef or turkey, green onion, jicama, and garlic till meat is brown and onion is tender. Drain off fat.

Stir in the water, chili powder, cocoa powder, and sugar. Cook for

continued on page 152

CINDERELLA'S DREAM COMES TRUE

nderella's Magic Coach
Gerda Neubacher.



la Neubacher is an rd-winning artist has won world- acclaim for her anting works aying fairy-tale ects.

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of approximately
6½" (16.51 cm) in length

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A World of Flavors

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2 minutes. Remove from heat. Stir in beans, corn, and chili peppers.

Stack tortillas; wrap tightly in foil. Heat in a 350° oven for 10 minutes to soften before filling. When ready to fill tortillas, remove only half at a time, keeping the others warm in the oven.

Spoon a generous ½ cup filling onto each tortilla just below the center. Top each with a generous tablespoon of cheese. Fold the bottom edge of the tortilla up and over the filling just to the center till the filling is covered. Fold in the opposite sides of each tortilla just till they meet. Roll up tortillas from the bottom. Secure bundles with wooden toothpicks.

Arrange burritos on a baking sheet. Bake in a 350° oven for 10 to 12 minutes or till heated through. Remove toothpicks. Serve burritos on lettuce with salsa, sour cream or yogurt, and green onion. If desired, garnish with Scotch bonnets or fresh hot peppers. Makes 10 main-dish servings.

Nutrition facts per serving: 267 cal., 9 g total fat (3 g sat. fat), 24 mg chol., 483 mg sodium, 33 g carbo., 3 g fiber, 15 g pro. Daily Value: 10% vit. A, 22% vit. C, 13% calcium, 17% iron.

EUROPE

RYE BREAD AND GARLIC CHEESE CANAPÉS

For this simple appetizer, spread a creamy low-fat yogurt dip onto rye bread and add your choice of toppers.

- 1 medium head garlic
- 2 tsp. olive oil
- 1 cup dry cottage cheese
- ¼ cup plain low-fat yogurt or dairy sour cream
- ⅓ cup toasted chopped walnuts*
- 2 Tbsp. snipped parsley
- ¾ tsp. lemon-pepper seasoning
- ¼ tsp. salt



Sandwiches that look as scrumptious as they taste are the hallmark of East European and Scandinavian cooks.

- Dark rye party bread or firm, dark rye bread
- Toppers, such as slices of beets, cucumber, pear, apple, pickles, ham, smoked salmon, or herring; caviar; lemon slice quarters; chives; crabmeat; dill sprigs; capers; and/or toasted chopped walnuts

Peel away the dry outer layers of skin from garlic, leaving cloves and skins of garlic intact. Cut off the pointed top portion (about ¼ inch), leaving the bulb intact but exposing the individual garlic cloves. Place the head of garlic, cut side up, in a small baking dish. Drizzle garlic with olive oil.

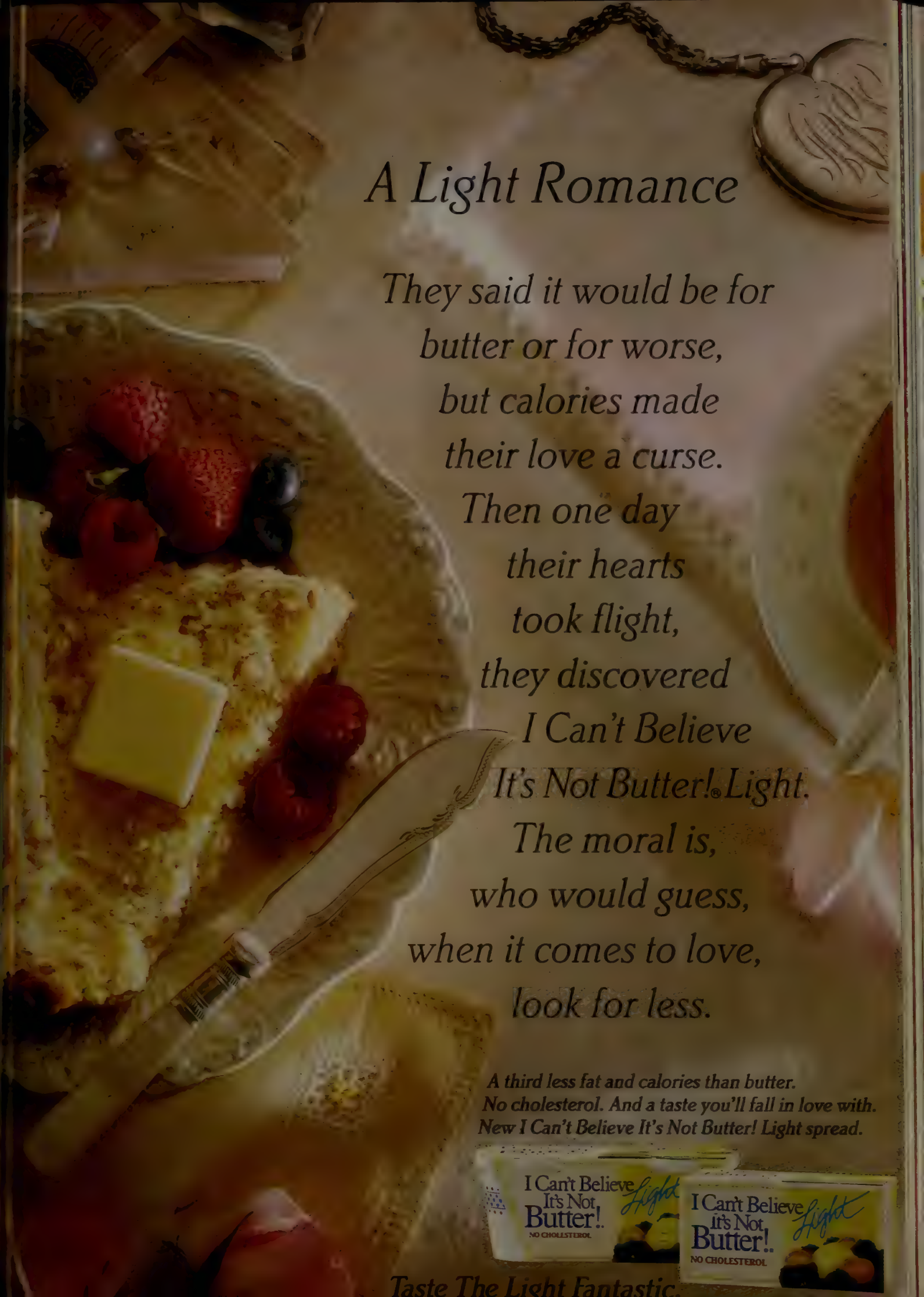
Bake, covered, in a 400° oven for 35 to 45 minutes or till cloves feel soft when pressed. Allow the bulb to cool. To remove the paste from the garlic head, squeeze the paste from each clove. Discard the skins. You should have about 1 tablespoon of garlic paste.

In a blender container combine garlic paste, cottage cheese, yogurt or sour cream, walnuts, parsley, lemon-pepper seasoning, and salt. Cover and blend till smooth. Spread cheese mixture onto rye bread slices. Top with desired toppers. Makes about 1¼ cups.

**Note:* To toast, place walnuts in a shallow baking pan; bake in a 400° oven for 7 to 8 minutes or till nuts start to brown.

Nutrition facts per 2 slices bread without toppers: 74 cal., 2 g fat (0 g sat. fat), 1 mg chol., 189 mg sodium, 12 g carbo., 1 g fiber, 4 g pro. Daily Value: 0% vit. A, 1% vit. C, 3% calcium, 4% iron.

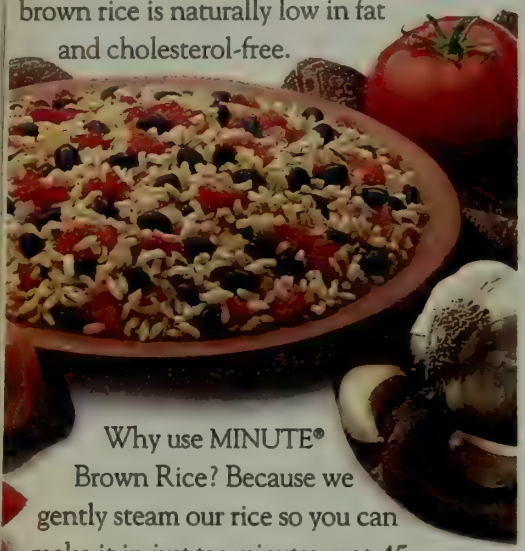
continued on page 154


A Light Romance
They said it would be for
butter or for worse,
but calories made
their love a curse.
Then one day
their hearts
took flight,
they discovered
I Can't Believe
It's Not Butter!® Light.
The moral is,
who would guess,
when it comes to love,
look for less.
A third less fat and calories than butter.
No cholesterol. And a taste you'll fall in love with.
New I Can't Believe It's Not Butter! Light spread.
I Can't Believe It's Not Butter!
Light
NO CHOLESTEROL
I Can't Believe It's Not Butter!
Light
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Taste The Light Fantastic.

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What makes MINUTE® Instant Whole Grain Brown Rice such a nutritious, great-tasting addition to any meal? First of all, it has a delicious flavor and hearty texture that come from the bran layer left on the grain. And brown rice is naturally low in fat and cholesterol-free.





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MINUTE RICE-IPES

A World of Flavors

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BASQUE CHICKEN

Keep the fat content low by removing the skin from the chicken.

- 4 small chicken thighs (1 to 1½ lb.)
- 4 chicken drumsticks (1 lb.)
- 1 large onion, chopped (1 cup)
- 2 cloves garlic, minced
- 1 Tbsp. olive oil
- 1 cup chicken broth
- 3 medium potatoes (1 lb.), quartered
- ½ cup diced fully cooked ham
- 1 hot red chili pepper, seeded and chopped
- 1 Tbsp. snipped fresh thyme or 1 tsp. dried thyme, crushed
- ¼ tsp. ground black pepper
- ⅛ tsp. salt
- 2 large tomatoes, seeded and chopped
- 2 medium green sweet peppers, cut into strips
- Fresh thyme (optional)

Rinse chicken; pat dry with paper towels. Remove skin. In a large skillet cook chicken, onion, and garlic in hot oil about 10 minutes or till chicken is light brown, turning to brown evenly.

Remove chicken from skillet; drain off fat. Add chicken broth, potatoes, ham, chili pepper, thyme, pepper, and salt to skillet. Bring to boiling; reduce heat. Arrange chicken pieces on top. Cover and simmer for 35 to 40 minutes or till chicken is tender and no longer pink.

Transfer chicken and potato mixture to a serving platter; cover and keep warm. Stir tomatoes and green peppers into skillet. Simmer, uncovered, about 10 minutes or till peppers are tender and most of the liquid is evaporated. Serve vegetables with chicken. If desired, garnish with fresh thyme. Makes 4 servings.

Nutrition facts per serving: 390 cal., 13 g total fat (3 g sat. fat), 83 mg chol., 551 mg sodium, 38 g carbo., 2 g fiber, 31 g pro. Daily Value: 9% vit. A, 130% vit. C, 4% calcium, 28% iron.

LEMON-GLAZED VEGETABLES WITH DILL

Rich in vitamins and fiber, this tasty medley is a must-have for your files. Serve it with fish, chicken, or pork.

- 8 tiny new potatoes, halved, or 2 medium red-skinned potatoes, quartered
- 1 medium rutabaga, peeled and cut into 1-inch pieces (1½ cups)
- 2 medium carrots, peeled and sliced (1 cup)
- 1 medium turnip, peeled and cut up (1¼ cups)
- 1 medium parsnip, peeled and sliced (1 cup)
- 1 small onion, cut into wedges
- 1 Tbsp. margarine
- 3 Tbsp. brown sugar
- 1 tsp. cornstarch
- ¼ cup water
- ½ tsp. finely shredded lemon peel
- 3 Tbsp. lemon juice
- 2 tsp. snipped fresh dill or ½ tsp. dried dillweed
- ½ tsp. salt
- ¼ tsp. pepper

In a large saucepan cook potatoes and rutabaga, covered, in boiling lightly salted water for 10 minutes. Add carrots, turnip, parsnip, and onion. Return to boiling; reduce heat. Cook, covered, for 7 to 9 minutes or till tender. Drain vegetables; return to pan.

Meanwhile, for glaze, in a small saucepan melt margarine. Stir in brown sugar and cornstarch. Stir in water, lemon peel, lemon juice, dill, salt, and pepper. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more.

Pour the glaze over the drained vegetables in the pan. Cook and stir for 3 to 4 minutes or till vegetables are heated through. Makes 6 side-dish servings.

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MINUTE

• ORIGINAL INSTANT RICE •



MINUTE RICE-IPES® ARE EASY, DELICIOUS RECIPES YOU CAN MAKE IN 30 MINUTES OR LESS.

BEEF TERIYAKI AND RICE

¼ cup soy sauce
2 tablespoons dry sherry
1 tablespoon brown sugar
2 teaspoons garlic powder
1 teaspoon ground ginger
¾ pound beef flank steak strips
1 tablespoon oil
3 cups bite-size vegetables
1½ cups beef broth
1½ tablespoons cornstarch
MINUTE® Original Rice, uncooked



30 MINUTES

► Mix soy sauce, sherry, brown sugar and seasonings. Add beef; let stand 10 minutes to marinate.
► Stir-fry beef in hot oil in skillet until browned. Add vegetables; stir-fry until tender-crisp. Mix broth and cornstarch; add to skillet. Bring to boil; boil 1 minute.
► Prepare 4 servings rice as directed on package. Serve beef mixture over rice. Serves 4.

• GREAT MEALS FOR THE TIME YOU HAVE •

RICE-IPES

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Contadina
Pasta Ready
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The freshest ideas in Italian cooking.™

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A World of Flavors

continued from page 154

Nutrition facts per serving: 156 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 250 mg sodium, 33 g carbo., 3 g fiber, 3 g pro. Daily Value: 61% vit. A, 42% vit. C, 5% calcium, and 11% iron.

SCARLET SALAD

Beets, red Belgian endive, red leaf lettuce, and red-skinned potatoes color this salad.

- ¾ lb. tiny new potatoes, sliced ⅛ inch thick
- ¾ lb. green and/or white asparagus spears
- Mixed greens, such as red or green leaf lettuce, red Belgian endive, watercress, radicchio and/or Swiss chard
- 1 8-oz. can sliced beets, drained
- 2 oz. fresh pea pods, trimmed (1 cup)
- 12 ears baby corn,* cut in half crosswise
- 1 small red onion, chopped (⅓ cup)
- ¼ tsp. cracked black pepper
- 1 recipe Red Wine Vinaigrette (see recipe, *right*)
- 1 recipe Dijon Croutons, optional (see recipe, *right*)

In a large saucepan cook potatoes, covered, in a small amount of boiling water for 10 minutes. Snap off and discard woody bases from asparagus. Add asparagus spears to potatoes in saucepan. Cover and cook for 4 to 8 minutes more or till potatoes are tender and asparagus is crisp-tender. Drain; cover and chill vegetables for 2 to 24 hours.

To assemble, line 6 salad plates with your choice of mixed greens. Arrange chilled cooked potatoes, asparagus, beets, pea pods, and baby corn atop greens. Sprinkle with chopped onion and black pepper. Serve salads with Red Wine Vinaigrette and Dijon Croutons. Makes 6 side-dish servings.

**Note:* Look for either a 14-ounce can of baby corn or an 8-ounce package of frozen baby corn at your supermarket. Cook the frozen corn according to package directions. Drain before using.

Nutrition facts per serving with 2 tablespoons Red Wine Vinaigrette: 190 cal., 10 g total fat (2 g sat. fat), 0 mg chol., 164 mg sodium, 23 g carbo., 4 g fiber, and 5 g pro. Daily Value: 6% vit. A, 63% vit. C, 4% calcium, and 0% iron.

RED WINE VINAIGRETTE

This vinaigrette uses less oil than the traditional French version, but makes up for flavor with a splash of hearty burgundy and herbs.

- ¼ cup salad oil
- ¼ cup red wine vinegar or cider vinegar
- 2 Tbsp. burgundy, dry red wine, or water
- 2 tsp. sugar
- 2 tsp. snipped fresh thyme or ½ tsp. dried thyme, crushed
- 2 tsp. snipped fresh savory or ½ tsp. dried savory, crushed
- ¼ tsp. salt
- ¼ tsp. dry mustard or 1 tsp. Dijon-style mustard

In a screw-top jar combine oil, vinegar, red wine or water, sugar, thyme, savory, salt, and mustard. Cover and shake well to mix. Store in the refrigerator for up to 2 weeks. Shake well before serving. Makes about ¾ cup.

Nutrition facts per tablespoon: 43 cal., 5 g total fat (1 g sat. fat), 0 mg chol., 46 mg sodium, 0 g carbo., 0 g fiber, 0 g pro. Daily Value: 0% vit. A, 0% vit. C, 0% calcium, 0% iron.

DIJON CROUTONS

Serve these crunchy baguette slices warm or cool with Scarlet Salad.

- 2 Tbsp. reduced-calorie mayonnaise or salad dressing
- 2 tsp. Dijon-style mustard
- 6 ½-inch-thick slices French bread (baguette)

In a small mixing bowl combine mayonnaise or salad dressing and Dijon-style mustard. Spread onto one side of each baguette slice. Arrange slices, mustard side up, in a single layer in a shallow baking pan. Bake in a 300° oven for 10 to 15 minutes or till bread is dry and crisp. Makes 6 croutons.

Nutrition facts per crouton: 84 cal., 2 g total fat (0 g sat. fat), 2 mg chol., 199 mg sodium, 13 g carbo., 0 g fiber, 2 g pro. Daily Value: 0% vit. A, 0% vit. C, 1% calcium, 4% iron.

THE MEDITERRANEAN

PASTA WITH ARTICHOKES AND BASIL

No matter what the shape or size, pasta is one great way to load up on carbohydrates. According to the USDA Food Pyramid, you should eat at least six servings of carbohydrate-rich foods, such as grains, breads, cereals, and pasta, a day.

- 4 oz. tagliatelle, fusilli, or fettuccine, broken up
- 1 9-oz. pkg. frozen artichoke hearts, thawed, or one 14-oz. jar or can artichoke hearts, rinsed and drained
- 2 medium red or green sweet peppers, chopped
- ⅓ cup finely chopped onion
- 2 cloves garlic, minced
- 1 Tbsp. olive oil
- 1 medium tomato, seeded and chopped
- ¼ cup snipped fresh basil or 2 tsp. dried basil, crushed
- 2 Tbsp. grated Parmesan cheese

Cook pasta in boiling lightly salted water according to package directions. Immediately drain. Return pasta to pan; keep warm.

Meanwhile, place artichoke hearts in a colander under cold running water to separate. In a large skillet cook and stir artichokes, peppers, onion, and garlic in hot oil over medium-high heat about 5 minutes or till vegetables are tender.

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emon Butter Dill
Orange Roughy

cup Golden Dipt Lemon Butter Dill Seafood Cooking Sauce
½ lbs. orange roughy fillets
lemon, thinly sliced

Preheat oven to 425° F. Place sh in a single layer in a 9 x 13 inch iking dish. Pour LEMON BUTTER ILL SEAFOOD COOKING AUCE evenly over fish. Bake for 8 10 minutes. Fish is done when flesh opaque and flakes easily with a fork. arnish with lemon slices. See label r further instructions.

ide Dishes
lb. asparagus
teaspoon grated lemon peel
large tomatoes cut into 4 slices each
tablespoons seasoned bread crumbs
tablespoons grated Parmesan cheese
tablespoon butter, melted

Asparagus: Steam, covered, in small mount of boiling water until tender, bout 7 to 9 minutes.

Tomatoes: Combine bread crumbs nd cheese with melted butter. Divide venly among tomato halves, pressing ightly into tomatoes. Broil until top- ing is slightly browned, about 5 to 7 inutes. Makes 4 servings.

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A World of Flavors

continued from page 157

Stir in tomato and basil; cook and stir about 2 minutes more or till heated through. Add artichoke mixture to pasta. Toss gently to mix. Sprinkle each serving with Parmesan cheese. Makes 4 to 6 side-dish servings.

Nutrition facts per serving: 216 cal., 5 g total fat (1 g sat. fat), 2 mg chol., 124 mg sodium, 36 g carbo., 4 g fiber, 8 g pro. Daily Value: 31% vit. A, 128% vit. C, 7% calcium, and 15% iron.

FENNEL-MUSHROOM RISOTTO

For just-right creaminess, use Arborio or medium-grain rice and don't peek during cooking. You'll find Arborio rice in Italian specialty food shops or in the rice section of some supermarkets. Regular long-grain rice works too, but the mixture won't be as creamy.

1 cup sliced fresh mushrooms, such as shiitake, oyster, morel, or porcini
1 cup sliced fennel bulb
½ tsp. fennel seed, crushed
1 Tbsp. olive oil
⅔ cup Arborio or medium-grain rice
2 cups water
½ tsp. salt
⅛ tsp. pepper
4 asparagus spears,* cut into 1-inch pieces (¼ cup)
⅓ cup thinly sliced green onion
1 Tbsp. snipped fennel leaves
Fennel leaves (optional)

In a medium saucepan cook mushrooms, sliced fennel bulb, and fennel seed in hot olive oil till tender. Stir in uncooked Arborio or medium-grain rice. Cook and stir for 2 minutes more.

Carefully stir in water, salt, and pepper. Bring to boiling; reduce heat. Cover and simmer for 20 minutes (do not lift cover).



Italian cooks frequently add a variety of spring-fresh vegetables to risotto, a delectably creamy rice classic from Italy.

Remove from heat. Stir in asparagus and green onion. Let stand, covered, for 5 minutes. The rice should be tender but slightly firm, and the mixture should be creamy. If necessary, stir in a little water to reach the desired consistency.

Stir in snipped fennel leaves. If desired, garnish risotto with additional fennel leaves. Makes 4 side-dish servings.

**Note:* If using thick asparagus spears, halve the spears lengthwise and cook in a small amount of boiling water till crisp-tender before stirring into risotto.

Nutrition facts per serving: 160 cal., 4 g total fat (1 g sat. fat), 0 mg chol., 285 mg sodium, 28 g carbo., 1 g fiber, 3 g pro. Daily Value: 3% vit. A, 12% vit. C, 3% calcium, and 12% iron.

GRILLED LAMB WITH ROSEMARY-LEMON SAUCE

Today's lamb is leaner than ever, especially when you trim off any visible fat and grill over coals so the fat drips off.

- 1 1¼- to 1½-lb. lamb rib roast* (8 to 10 ribs)
- 1 tsp. snipped fresh rosemary or ¼ tsp. dried rosemary, crushed
- 2 cloves garlic, minced
- Salt
- Pepper
- ⅓ cup beef broth
- ½ tsp. finely shredded lemon peel
- 1 Tbsp. lemon juice
- 2 tsp. cornstarch
- 1 tsp. honey
- ⅛ tsp. pepper
- 1 recipe Spiced Lentil-Bulgur Pilaf (see recipe, *page 160*)
- Steamed baby carrots (optional)

Trim fat from lamb. Rub meat with half of the rosemary and all of the garlic. Sprinkle with salt and pepper. Insert a meat thermometer so it does not touch fat or bone.

In a covered grill arrange *medium* coals around a drip pan. Test for *medium-low* heat above the drip pan.

continued on page 160

Orange Roughy à la Golden Dipt

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A World of Flavors

continued from page 159

(At medium-low heat, you should be able to hold your hand for five seconds where the food will cook over the coals.) Place meat, fat side up, on a grill rack over the drip pan, but not over the coals. Lower the grill hood. Grill to desired doneness, allowing 35 to 40 minutes for medium-rare (150°). (Or, place meat, fat side up, on a rack in a shallow roasting pan. Insert a meat thermometer. Roast in a 400° oven to desired doneness, allowing 30 to 35 minutes for medium-rare.)

For sauce, in a small saucepan stir together broth, remaining rosemary, lemon peel, juice, cornstarch, honey, and pepper. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more.

To serve, cut lamb into 1-rib portions. Serve meat with Spiced Lentil-Bulgur Pilaf and baby carrots, if desired. Top lamb with sauce. Makes 4 main-dish servings.

**Note:* Instead of a lamb roast, you can use eight 1-inch-thick lamb rib chops. Grill directly over *medium* coals for 10 to 16 minutes or till of desired doneness, turning once.

Nutrition facts per serving: 112 cal., 5 g total fat (2 g sat. fat), 41 mg chol., 230 mg sodium, 4 g carbo., 0 g fiber, 13 g pro. Daily Value: 0% vit. A, 3% vit. C, 1% calcium, and 8% iron.

SPICED LENTIL-BULGUR PILAF

This tasty pilaf is a simple way to add fiber to meals. You'll find bulgur or cracked wheat in the flour or rice section of your supermarket.

- 2½ cups water
- ½ cup lentils
- ¼ tsp. salt
- ¼ tsp. ground cinnamon
- ¼ tsp. ground cumin
- ¾ cup bulgur
- 2 Tbsp. feta cheese, crumbled
- 1 Tbsp. snipped parsley



Use a crusty piece of French bread to soak up every last drop of Sherried Shrimp with Garlic. Serve with a glass of Spanish sherry, if you wish.

In a medium saucepan combine the 2½ cups water, lentils, salt, ground cinnamon, and ground cumin. Bring to boiling; reduce heat to low. Cover and simmer lentils for 10 minutes.

Add the uncooked bulgur to the lentil mixture in the saucepan. Cover and simmer over low heat for 15 to 20 minutes more or till the lentils and bulgur are tender and the liquid is almost evaporated. Spoon the pilaf onto plates. Sprinkle each serving with crumbled feta cheese and snipped parsley. Makes 4 side-dish servings.

Nutrition facts per serving: 202 cal., 2 g total fat (1 g sat. fat), 7 mg chol., 682 mg sodium, 37 g carbo., 8 g fiber, and 10 g pro. Daily Value: 3% vit. A, 3% vit. C, 7% calcium, and 21% iron.

SHERRIED SHRIMP WITH GARLIC

With olives, capers, and roasted peppers, this shrimp dish is a delicious example of tapas—appetizers that tide the Spanish over until their late dinner hour.

- 1 lb. fresh or frozen large shrimp in shells
- ¼ cup dry sherry or orange juice
- 2 Tbsp. orange juice
- 1 roasted red or green sweet pepper*, cut into strips, or ½ cup diced pimiento
- 10 pitted ripe olives, halved (⅓ cup)
- 2 Tbsp. snipped parsley
- 3 cloves garlic, minced
- 2 tsp. capers, drained
- 2 tsp. tomato paste

continued on page 16.

The Vegetables.



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RECIPE SECRETS OVEN ROASTED VEGETABLES

- 1 envelope Lipton Recipe Secrets Savory Herb with Garlic or Recipe Secrets Onion Soup Mix
- 1½ pounds assorted fresh vegetables*
- 2 tablespoons olive or vegetable oil

Preheat oven to 450°. In plastic bag or bowl, shake or toss all ingredients until vegetables are coated. Empty into 13 x 9-inch baking or roasting pan; discard bag. Bake, stirring once, 20 minutes or until vegetables are tender. Makes 4 (½ cup) servings.

*Choose from sliced zucchini, yellow squash, red or green peppers, carrots, celery and mushrooms.

Lipton® Recipe Secrets® Savory Herb with Garlic. Everything from Chicken to Veggies. The Secret Worth Passing Around.

A World of Flavors

continued from page 160

⅛ tsp. coarsely ground black pepper
1 tsp. olive oil
French bread

Thaw shrimp, if frozen. Peel and devein, leaving tails intact. Set aside.

In a large skillet combine sherry, orange juice, red pepper strips or pimiento, olives, parsley, garlic, capers, tomato paste, and black pepper. Bring to boiling. Add shrimp. Cook and stir for 1 to 3 minutes or till shrimp turn pink. Remove from heat. Stir in olive oil. Serve with bread. Makes 6 appetizer servings.

**Note:* To roast peppers, quarter lengthwise. Remove stem and seeds. Cut small slits in ends so pieces lie flat. Place, skin sides up, on a foil-lined baking sheet. Bake in a 425° oven for 20 to 25 minutes or till dark and bubbly. Place in a clean paper bag. Close the bag tightly; cool to room temperature. Remove skin; cut peppers into strips.

Nutrition facts per serving: 181 cal., 3 g total fat (1 g sat. fat), 87 mg chol., 388 mg sodium, 21 g carbo., 1 g fiber, 13 g pro. Daily Value: 5% vit. A, 25% vit. C, 5% calcium, and 19% iron.

FLAVORS OF THE WORLD

Each world cuisine owes some of its distinctive characteristics to the different blends of herbs and spices that are used.

Allspice: The roots of this reddish brown spice lie in Jamaica, where Christopher Columbus likely discovered it. The name allspice was coined by Europeans, who thought the berries tasted like a blend of cloves, cinnamon, and nutmeg. Use versatile allspice with meats, vegetables, and desserts.

Basil: A favorite Italian herb with large green or purple leaves, basil's flavor can vary from peppery and robust to sweet and spicy. It is the classic herb for pesto sauce and goes well with any kind of meat, vegetable, pasta, and rice.

Cardamom: A member of the ginger family, cardamom has a sweet, aniselike flavor mixed with a little clove. Scandinavians love cardamom, especially in baked goods. Cardamom is available as whole pods, whole seeds, and ground.

Chili powder: Mexican cooks rely heavily on this seasoning blend, which consists of relatively mild chili peppers, oregano, cumin, garlic, and salt. The heat and spiciness can vary, depending on the blend. Chili powder flavors meats, chicken, and many Mexican dishes.

Cinnamon: The whole form of this spice, a cinnamon stick, looks like what it is—the bark of a tropical evergreen tree. Use stick cinnamon to flavor beverages and poaching liquid. Use the ground form for baking, desserts, and other foods.

Cilantro: Also known as Chinese parsley, cilantro leaves come from the coriander plant. The snipped leaves add a fresh lemony flavor to many Mexican and Oriental dishes. Cilantro leaves are available fresh, freeze-dried, or dried.

Cloves: This dark, nail-shaped spice adds a strong, pungent flavor to foods. You can use whole cloves in ham or beverages and ground cloves in baked foods.

Coriander: A popular seasoning in curry powder and Mideastern or Indian dishes, coriander seeds taste like lemon and sage combined. They may be purchased either whole or ground.

Cumin: The tiny, amber-colored seed of a plant in the parsley family, cumin has a pungent, spicy, and slightly bitter flavor. It is a mainstay in both chili and curry powders. Cumin is available whole or ground.

Dill: Dillweed comes from the feathery green leaves of the dill plant. Its distinct evergreen flavor is popular in Scandinavian cooking, particularly with fish and vegetables. You can purchase dillweed fresh or dried.

Fennel seed: The small, yellowish-brown seeds of the fennel plant have a mild, licorice-like flavor and aroma. The seeds are used in Italian cooking, often as a pizza topping, and in Oriental cooking as an ingredient in five spice powder. You can buy fennel seed whole or ground.

Garam Masala: Cooks in northern India use this relative of curry powder in many classic dishes. The blend of seasonings varies by cook, but typically combines pepper, cumin, coriander, cloves, cardamom, and cinnamon.

Gingerroot: The root of a semitropical plant, ginger adds a slightly hot flavor to many Oriental dishes. European cooks use the ground dry spice in baking.

Lemongrass: This lemon-flavored plant, used to flavor many Oriental and Thai dishes, resembles a fibrous green onion. If fresh or dried lemongrass is unavailable in Oriental markets, use lemon peel as a substitute.

continued on page 16

MARCH IS NATIONAL FROZEN FOOD MONTH

PROUD TO BE THE BEST

SWEEPSTAKES



March is National Frozen Food Month. And this March, world-champion speedskater, Bonnie Blair, teams up with some of America's leading frozen-food brands in the "Proud To Be The Best" Sweepstakes bringing you the chance to win sensational prizes!

Bonnie Blair
World-Champion Speedskater

PROUD TO BE THE BEST
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Like Bonnie, the frozen-food brands sponsoring the "Proud To Be The Best" Sweepstakes are winners. When it comes to quality, flavor and convenience nothing can top these brands. Be sure to visit your grocer's freezer section and stock-up.

1 Grand Prize A 6-day/5-night winter sports vacation for winner and three guests, plus $2,500 in cash

10 First Prizes A microwave oven

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150 Third Prizes "The Penguin" carafe

To enter the "Proud To Be The Best" Sweepstakes, just clip the name of one of your favorite frozen-food brands shown above, appearing in your grocer's newspaper ad, flyer or circular. Attach the clipping to an official entry form and mail it in. *See rules for details.*

Enter today and you just might find yourself stepping into the "Proud To Be The Best" winner's spotlight!

"Proud To Be The Best" Sweepstakes Official Rules. No Purchase Necessary.

To Enter: Complete an official entry form, or print your name and complete address on a 3" x 5" card. Cut and attach one brand name from any of the participating brand names shown here, featured in your local grocers' National Frozen Food Month advertisements. If you cannot find an advertisement, you may write the words, "Proud To Be The Best" on a separate 3" x 5" card and enclose it with your entry. Mail your entry to: "Proud To Be The Best" Sweepstakes, P.O. Box 1140, Grand Rapids, Minnesota 55730-1140. Enter as often as you like. Only one entry per envelope. Entries must be received by 4/29/94. No mechanical reproductions accepted. Not responsible for late, lost, misdirected, mutilated, illegible or postage due entries. Winners selected in a random drawing on or about May 12, 1994 by Marden-Kane, Inc., whose decisions are final. Odds of winning based on number of entries received. PRIZES: (1) Grand Prize: A 6-day/5-night Family Vacation for 4 persons to the winner's choice of Lake Placid, New York or Squaw Valley, California. Includes round-trip coach class air transportation from the major airport nearest the winner's home, deluxe hotel accommodations, rental car, winter recreation package, meals plus $2,500 cash. Estimated value of vacation package, $7,500. Trip must be taken by May 12, 1995. Certain blackout dates apply. (10) First Prizes: A G.E. full-size Microwave Oven. Retail value, $279.95. (25) Second Prizes: A Canon 35MM Snappy LX Camera. Retail value, $100.00 (150) Third Prizes: A carafe, "The Penguin". Retail value, $8.50. Winners will be notified by mail. Open to all U.S. residents 18 and over, except employees and families of sponsoring companies, and anyone associated with this sweepstakes. For a complete copy of official rules, send a stamped, self-addressed envelope to (VT and WA residents may omit return postage) "Proud To Be The Best" Rules, P.O. Box 667, Sayreville, NJ 08871-0667. For a list of major winners available after 5/12/94, send a stamped, self-addressed envelope to: "Proud To Be The Best" Winners, P.O. Box 702 Sayreville, NJ 08871-0702. Void where prohibited. Winners will be required to sign and Affidavit of Eligibility and Release. Winners solely responsible for all taxes. Limit one prize per family or household.

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National Frozen Food Month "Proud To Be The Best" Sweepstakes – Official Entry Form

ATTACH BRAND NAME HERE

It's easy to enter. See rules for details, then complete this form, tape the name of any participating brand appearing in your grocer's ad to this form.

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P.O. Box 1140
Grand Rapids, Minnesota
55730-1140

Name (Please Print) .....

Address .....

City ..... State ..... Zip .....

Entries must be received by April 29,1994. Subject to official rules.



nutrition information

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

With each recipe, we give important nutrition facts. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrate, fiber, and protein will help you keep tabs on what you eat.

You can also check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Value. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

HOW WE ANALYZE

We omit any optional ingredients listed from the nutrition analysis.

A World of Flavors

continued from page 162

Paprika: The bright red color of paprika adds a splash of color to eggs, sauces, potatoes, and fish.

Rosemary: The evergreen scent of rosemary permeates many meats, soups, and side dishes in the Mediterranean countries of Italy and Greece. Rosemary, with its long needlelike leaves, may be purchased fresh or dried.

Savory: A member of the mint family, savory imparts a peppery flavor and grassy fragrance to poultry and meats. You can purchase savory fresh or dried.

Thyme: Popular with European cooks, pungent thyme flavors salad dressings, vegetables, meats, soups, and sauces. The small oval leaves are available fresh or dried.

Turmeric: A member of the ginger family, turmeric has a slightly bitter flavor and a musty aroma. The powder is bright yellow or orange. The color gives its presence away in curry powder and dry mustard.





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day. Remember that these are just guidelines. Very active adults, teenagers, and pregnant women may need more calories and nutrients. Sedentary adults, young children, and people who want to lose weight may need fewer calories.

There's no real harm in going over or under these recommended guidelines in any single day, but it is a good idea to aim for a balanced diet over time for good health.

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Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

The analysis is calculated using two-percent milk, unless otherwise specified in the ingredients.

When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given in the recipe.

WHAT YOU NEED

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

Use our nutrition analyses following each recipe to chart the nutrition value of the foods you eat over the course of a few days or a week. The dietary guidelines below suggest the levels of nutrients that moderately active adults should strive to eat each



So open your hand and smile.

Fun Cookies™

2 cups all purpose flour
3/4 tsp baking soda
3/4 tsp salt
1 cup (8oz) softened butter or shortening
2/3 cup granulated sugar
1/2 cup firmly packed brown sugar
1 egg
1 tsp vanilla extract
12 oz package (1-3/4 cups) "M&M's"® Semi-Sweet Chocolate Candies
3/4 cup chopped nuts (optional)

Preheat oven to 375°F. Combine flour, baking soda and salt; set aside. Cream together butter or shortening and sugars until light and fluffy; beat in egg and vanilla. Blend in flour mixture slowly. Stir in "M&M's"® Semi-Sweet Chocolate Candies and nuts. Drop heaping teaspoonfuls onto an ungreased cookie sheet. Bake 8-11 minutes until browned. Cool 1 minute on cookie sheet; place on wire cooling racks. Makes about 5 dozen 2-inch cookies.



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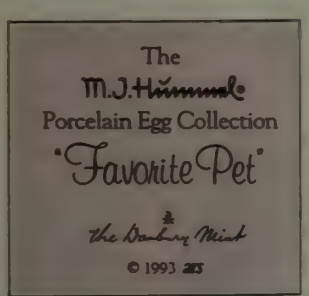
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yellow highlight in his recipe means he should use his yellow 1-cup measure. Not only is cooking easier for him, it's easier on me too.

Kim L. Mackey, *Prince George, Va.*

STOCKING STALKS

You can keep fresh herbs, such as parsley, mint, or cilantro, on hand for weeks. Simply cut off 2 inches from the bottoms of the stems and place the greens in a jar or plastic container. Add 2 or 3 inches of water and cover loosely with a plastic bag. When a recipe calls for a fresh herb, just snip off the amount you need. To keep the herbs fresh longer, change the water occasionally.

Kathy Branden, *Fort Bragg, Calif.*

SNIP IN A SNAP

Food tastes great when it's made with fresh herbs, but chopping them can be so time-consuming. That's why I relegate the job to my pizza cutter. Just arrange the herbs on a cutting board and separate the leaves from the stems with one swipe. Then roll the wheel back and forth while turning the board. You're finished in no time.

Wendy Parker, *Fort Walton Beach, Fla.*

the clever cook

Each month in this column you'll find tips from good cooks. See below for details on how you can share your best cooking secrets.

COOKING BY COLOR

My five-year-old son loves to cook, but becomes frustrated with measuring. To solve the problem, I bought measuring cups and spoons with different colors for each measure and color-coded the coordinating amounts on his favorite recipes. Now he knows a

Take It Easy Monday

Chicken 'N Gravy

Preparation Time: 14 minutes Cooking Time: 45 minut

1 Reynolds Oven Bag, large size (14" x 20")
2 tablespoons flour
1 pkg. (3/4 to 1 oz.) chicken gravy mix
1/4 teaspoon garlic powder
1-1/2 cups water
6 skinless chicken p
Seasoned salt & p
4 medium carrots, s
2 stalks celery, slice

•**PREHEAT** oven to 350° F.
•**SHAKE** flour in Reynolds Oven Bag; place in 13x9x2-inch baking
•**ADD** gravy mix, garlic powder and water. Squeeze bag to blend i ents. Sprinkle chicken with seasoned salt and pepper; place in be Place carrots and celery in bag around chicken.
•**CLOSE** bag with nylon tie; cut six 1/2" slits in top.
•**BAKE** until chicken is tender, 45 to 50 minutes. Makes: 4 serving





Sunshine Barbecue Chicken

Preparation Time: 6 minutes Cooking Time: 45 minutes

olds Oven Bag,
e size (14" x 20")
espoons flour
1 cup barbecue sauce
1/4 cup orange juice
8 skinless chicken pieces

HEAT oven to 350° F.
KE flour in Reynolds Oven Bag; place in 13x9x2-inch baking pan.
barbecue sauce and orange juice to bag. Squeeze bag to blend
dients. Add chicken to bag. Turn bag to coat chicken with sauce.
ge chicken in an even layer.
SE bag with nylon tie; cut six 1/2" slits in top.
E until chicken is tender, 45 to 50 minutes. To serve, stir sauce;
n over chicken. Makes: 4 servings.

Make It Easy Wednesday

THE DAILY GRIND

We think the flavor of freshly ground spices is so much better than ground spices from the store. Now I purchase only whole spices and use my coffee grinder to grind them as needed. Besides having fresher tasting spices, I save cupboard space by stocking only one form of each spice. The whole spices have a longer shelf life too.

Sherry Johnston, *Orange Park, Fla.*

GOING GINGERLY

I keep my gingerroot in the freezer. When frozen, it grates so easily, and there's no messy juices.

Judy Keneipp, *Henderson, Nev.*

ARE YOU A CLEVER COOK?

The food editors of *Better Homes and Gardens*® magazine invite you to send us your niftiest kitchen tips. We're looking for clever ideas that make cooking easier, more healthful, or more rewarding for you and your family. We will pay $25 for each tip that we publish. Please send your tips to: The Clever Cook, BH&G Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine.

WHEN THE CHIPS ARE DOWN

Wait a minute—don't throw away those crushed snack chips at the bottom of the bag. Instead, crush and store them in an airtight container in the freezer or refrigerator. When you need a quick dinner, combine the crushed chips with a few seasonings for a crispy coating for chicken or fish.

Rochelle Stancavage, *Sterling Heights, Mich.*

THE LAST CRUMB

Since no one in our family likes to eat the end slices of bread, I save them in a plastic bag in the freezer. When I have enough, I grind them into crumbs in my food processor (a blender would work too). The crumbs are great for meat loaf, casserole toppers, coatings for fish or chicken, or recipes using crumbs.

Karlene Burton, *San Antonio, Tex.*

TOP BANANA DRINK

Get out your blender. You'll love the icy fruitiness of this banana drink for breakfast or as an afternoon pick-me-up. Combine a very ripe banana with a cup of orange juice. Add an ice cube or two and cover and blend till smooth. It's a great way to use up bananas that are past their prime.

Nan C. Fowler, *Marlborough, Mass.*

Oh, So Easy Thursday

Saucy Beef Over Rice

Preparation Time: 12 minutes Cooking Time: 40 minutes

1 Reynolds Oven Bag, large size (14" x 20")
2 tablespoons flour
1 can (14-1/2 oz.) stewed tomatoes,
1 envelope onion soup mix
1/2 cup water
1/4 teaspoon pepper
1 pound beef sirloin steak, cut in thin strips
2 cups hot cooked rice

•**PREHEAT** oven to 350° F.
•**SHAKE** flour in Reynolds Oven Bag; place in 13x9x2-inch baking pan.
•**ADD** undrained tomatoes, soup mix, water and pepper to bag. Squeeze bag to blend ingredients. Add beef strips to bag. Turn bag to coat beef with sauce. Arrange ingredients in an even layer.
•**CLOSE** bag with nylon tie; cut six 1/2" slits in top.
•**BAKE** until beef is tender, 40 to 45 minutes. Serve over hot rice. Makes: 4 servings.



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...whipping cream ...s 4 ounces each) ...rardelli Bittersweet ...colate, broken into small ...ces ...p. unsalted butter, cut into ...ll pieces ...Ghirardelli Unsweetened ...oa or Sweet Ground ...colate

...r saucepan, bring cream to ...ing. Remove from heat; stir in ...re and butter. Bring 1/2 inch ...o slow simmer in skillet. Set ...r in skillet over low heat. Stir ...st until chocolate is com-...lted. Remove from heat. ...r chocolate mixture into shal-...w. Cool, cover and refrigerate ...t at least 2 hours. ...r cocoa into pie plate; line ...sheet with wax paper. Dip ...oteller or small spoon into glass ...n water; shake off excess ...and quickly scrape across sur-...chilled truffle mixture to form a ...1-inch ball. Deposit into cocoa. ...with remaining truffle mixture. ...ly shake pie plate to coat truf-...s; place truffles in wax ...lined container, separating lay-...wax paper. Cover tightly and ...rate up to 2 weeks, or freeze ...months. ...kes about 30 truffles (about ...ound).

...REE-STEP SAUCY ...HICKEN DINNER

...PARKAY Spread, divided ...eless, skinless chicken ...ast halves (about 1 1/4 lbs.), ...into 1-inch pieces ...garlic powder ...4 ounces) mushrooms, ...drained ...frozen peas, thawed ...ficed) ...8 ounces) wide noodles, ...ked, and drained ...4 ounces) KRAFT Natural ...redded Cheddar Cheese

...1/4 cup of the spread in large ...n medium-high heat. Add ...and garlic powder; cook 4 ...Stir in remaining 1/4 cup ...mushrooms and peas; cook 2 ...or until chicken is cooked ...Stir in hot cooked noodles ...eese until cheese is melted. ...to taste with salt and pepper.

SPICY PASTA PIE

1 cup dried tomatoes
1 medium onion, chopped
1/2 cup green onions, sliced
1 cup sliced fresh mushrooms
1/4 cup each chopped green and sweet red pepper
3/4 cup regular spaghetti sauce or tomato and basil spaghetti sauce
1/2 cup grated STELLA Parmesan Cheese (2 oz.), divided
2 eggs
1 Tbsp. margarine or butter, melted
6 oz. dry spaghetti, cooked and drained (about 3 cups cooked)
1 cup STELLA Ricotta Cheese
2 Tbsp. chopped fresh parsley
1/2 cup shredded STELLA Mozzarella Cheese (2 oz.)

Preheat oven to 350 degrees. Grease 9-inch pie plate; set aside. In 10-inch skillet over medium heat, cook tomatoes, onion, mushrooms and pepper. Stir in spaghetti sauce; set aside. In large bowl, combine 1/4 cup of Parmesan, 1 egg and margarine. Add hot spaghetti; toss to mix well. Spread spaghetti mixture on bottom and up side of prepared pie plate, making 1 1/2-inch rim. In small bowl, combine ricotta, parsley, remaining egg and remaining 1/4 cup Parmesan. Spread over bottom of crust. Top with vegetable mixture. Bake 30 minutes. Sprinkle with mozzarella. Bake 5 minutes more or until cheese melts. Let stand 5 minutes. Cut into wedges. Makes 6 main-dish servings.

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ROMANO, MOZZARELLA, PROVOLONE

ITALIAN SHARP, PARMESAN, FETA



GORGONZOLA, BLUE, AGED PROVOLONE, RICOTTA

Add Stella and fall in love with your favorite foods all over again. Savor the piquant tang of grated Parmesan melted into a steamy tangle of al dente vermicelli. Mellow the fire of shrimp-and-tomato quesadillas with a flurry of subtle Asiago. Shower crisp broccoli or fluffy mashed potatoes with a zestful confetti of Quattro Formaggi - a blend of Asiago, Mozzarella, Provolone and Romano.

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LOW FAT
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to make two grams of fat
this good. In Oatmeal
Raisin, Honey Nut and
Apple Brown Sugar.

Preserving Memories With Family Recipes

My feet were numb from standing at the kitchen counter. For hours I sliced, cored, and peeled what seemed like thousands of pears and stuffed them into jars for processing. But not before I put a stick of cinnamon into each. I learned to do this from watching my mother, and she learned from her mother, and I imagine that Grandma learned from her mother. And that is what got me thinking about the importance of recipes.

I never copy recipes onto little cards and index them. My recipes are everywhere. There are dozens of paper scraps, greasy with years, yellowed on the corners, some with jam or flour on them. My grandmother and mother hardly ever wrote down recipes, and if they did, it was on the inside of an envelope or perhaps on a brown paper sack.

They, or I, never intended to appear lazy or careless. The reasons for our haphazard attitude toward recipes run far deeper. Where I come from, there is an underlying belief that if you follow a recipe, you are somewhat lacking. There is a certain pride associated with making piecrust or baking bread from scratch. A person proves their worth by being able to cook with the ingredients at hand.

You could say that such behavior prepares us for life, so when needed, we can make soup stock from bones. Whatever the reasons, I am surrounded by jars of pears with sticks of cinnamon, and I am worried.

Life has changed since Grandmother's time, and even since my mother died. My children are too busy to help with the canning. Already I'm forgetting some of my mother's favorite meals because they don't suit today's tastes. And, many of them are not recorded anywhere, except in my mind.

Recipes are the link to our past and the bridge to our future. Recipes are the smells and tastes of all our birthdays, Sunday dinners, and Christmases. Using those recipes is not as important as having them.

> RECIPES ARE THE NOSTALGIC REMINDER OF WHO WE ARE

If I honor family tradition and preserve our recipes only by memory it's possible that my children will never understand them. They won't understand the difference between wooden spoons and plastic ones for stirring candies. They won't know that each year's crop of tomatoes has a different taste so recipes must be altered to enhance the flavor. Understanding the subtleties of food and its preparation will help my children adapt to the world around them.

It is important for me to break with tradition to continue the heritage. I will begin tomorrow to record those recipes. If the world is fortunate, my grandchildren will teach their children how to make pickled pears—with cinnamon.

—By Rachel McLeod, of British Columbia, Canada, who is busy indexing her family recipes.

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How would you like to win cash or new products for your home? Send your original recipes to our Prize Tested Recipes Contest. Each month, we ask you to send us recipes that fit the recipe categories. Seven months later, we feature the four top recipes on the Prize Tested Recipes pages.

HINTS FOR THIS MONTH'S CATEGORIES

Top Bananas: Is your family crazy about bananas? What creative dessert, such as a pie, cake, or cookie, do they crave and ask for again and again?

Favorite Pork Dinners: What makes your best pork entrée number one? Is it a tasty sauce that makes it unique? Maybe it's the special blend of herbs or spices you use to season the meat? Any cut of pork qualifies.

THIS MONTH'S WINNERS– pages 177 and 178

All winners received GLORIA JEAN'S COFFEE products.

$200 Winners:

Roxanne E. Chan, Albany, Calif.
Ms. Brenda Vernon, East Hartford, Conn.

$100 Winners:

Jacqueline R. Abels, Skokie, Ill.
Kathleen Roberts, West Sayville, N.Y.

Honor Roll Winners:

Minnie P. Cunningham, Saraland, Ala.; Lori Keiser, Bloomington, Ill.; Jen Lugones, Hartsdale, N.Y.; Veera Prasad, Jamaica, N.Y.; Kara Warnke, Fresno, Calif.; and Bobby Younger, Norfolk, Va.

CONTEST RULES: 1. Contest is open to U.S. residents, except Meredith Corp. employees, its affiliates, subsidiaries, and families. 2. With each entry, print your name, address, and recipe marked "October Top Bananas" or "October Favorite Pork Dinners." Specify brands and recipe origin. 3. Address recipes to 9410 Food Dept., Better Homes and Gardens, Des Moines, IA 50309-3023. 4. Postmark all entries by March 31, 1994. 5. Winners are selected about 60 days later, then notified by mail. 6. Entries must be original, and are judged on creativity, taste, and practicality by BH&G® editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown name for editorial and promotional purposes.

SLIP STELLA'S GUTZY GORGONZOLA INTO SUNDAY NIGHT SALAD

* MELLOW, MILD & AGED ASIAGO, FONTINELLA, KASSERI *



ROMANO, MOZZARELLA, PROVOLONE

ITALIAN SHARP, PARMESAN, FETA

* GORGONZOLA, BLUE, AGED PROVOLONE, RICOTTA *

With Stella cheeses, garden surplus goes fancy. Dig up a head of romaine and stir a spoonful of tangy blue into your dressing. Crumble a burst of flavor into potato or Caesar salad.

Sprinkle garden-ripe tomatoes with red onion, basil, and chunks of tangy Gorgonzola. Or wrap Gorgonzola with proscuitto and nestle in a ripe wedge of cantalope.

Fire your palate with a sharp and zesty Feta fiesta. Top tacos with crumbly bits of Feta, or stir into a confetti of chilled summer beans.

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Hormel Foods

PRIZE TESTED RECIPES®

see page 175 for details

$200 WINNER

Ms. Brenda Vernon, East Hartford, Conn., in the Special-Occasion Cakes category.
March, 1994



Mocha and Cherry Cake

- 2 cups granulated sugar
- 1¾ cups all-purpose flour
- ¾ cup unsweetened cocoa powder
- 2 tsp. baking soda
- 1 tsp. baking powder
- ½ tsp. salt
- 2 eggs
- 1 cup buttermilk or sour milk
- 1 cup strong coffee, cooled
- ½ cup cooking oil
- 2 tsp. vanilla
- 2½ cups ricotta cheese
- ½ cup granulated sugar
- ½ cup miniature semisweet chocolate pieces
- ½ cup chopped maraschino cherries, well drained
- ⅓ cup margarine or butter
- ½ cup unsweetened cocoa powder
- 7½ cups sifted powdered sugar
- ½ to ⅔ cup milk
- 2 tsp. vanilla

In a very large mixing bowl combine the 2 cups sugar, flour, ¾ cup cocoa powder, baking soda, baking powder, and salt. Add eggs, buttermilk, coffee, oil, and first 2 teaspoons vanilla. Beat with an electric mixer on low speed for 30 seconds till combined, then for 2 minutes on medium speed. Grease two 9x1½-inch round baking pans; sprinkle with *cocoa powder*. Pour batter into pans. Bake in a 350° oven for 25 or 30 minutes or till cakes test done. Cool on a rack for 10 minutes. Remove from pans. Cool. Split each cake horizontally to make 4 layers total. For filling, combine the ricotta cheese, ½ cup sugar, and chocolate pieces. Gently stir in cherries. Place one cake layer on a serving plate. Spread ⅓ of the filling on the bottom layer of cake. Top with another cake layer. Continue layering the filling and cake, ending with cake.

For frosting, in a bowl beat margarine or butter till fluffy. Gradually add the ½ cup cocoa and *half* of the powdered sugar. Slowly beat in half of the milk and the remaining vanilla. Beat in remaining powdered sugar. Beat in additional milk till of spreading consistency. Frost cake. Garnish with shaved chocolate and edible flower petals, if

PRIZE TESTED RECIPES®

see page 175 for details

$200 WINNER

Roxanne E. Chan, Albany, Calif., in the Best-Loved Soups and Stews category.
March, 1994



Spicy Shrimp and Noodle Soup

Fresh shrimp teamed with noodles, beans, and zesty spices makes this soup tops.

- 1 lb. fresh or frozen medium shrimp in shells
- 1 Tbsp. lemon juice
- ¼ tsp. chili powder
- ¼ tsp. ground cumin
- ⅛ tsp. pepper
- 3 cups water
- 2 3-oz. pkgs. shrimp- or oriental-flavored ramen noodles
- 1 16-oz. jar salsa (2 cups)
- 1 15-oz. can black beans, rinsed and drained
- 1 8¾-oz. can no-salt-added whole kernel corn, drained
- ¼ cup snipped cilantro
- 1 green onion, thinly sliced
- Shredded cheddar cheese (optional)
- Fresh cilantro (optional)

Thaw shrimp if frozen. Peel and devein shrimp.

In a medium mixing bowl combine lemon juice, chili powder, cumin, and pepper; add shrimp. Toss to coat. Let shrimp stand for 20 minutes at room temperature, stirring occasionally. Meanwhile, in a large saucepan bring water to boiling. Stir in *one* noodle flavor packet (reserve remaining flavor packet for another use) and the broken noodles. Return to boiling and cook 1 minute. Add the shrimp and cook for 1 to 2 minutes more or till shrimp turn pink. Stir in salsa, beans, corn, snipped cilantro, and green onion. Heat through. To serve, if desired, top each serving with cheese and garnish with cilantro. Makes 4 to 6 main-dish servings.

Nutrition facts per serving: 419 cal., 14 g total fat (2 g sat. fat), 137 mg chol., 1,296 mg sodium, 57 g carbo., 6 g fiber, 30 g pro. Daily Value: 26% vit. A, 77% vit. C, 12% calcium, 35% iron.

PRIZE TESTED RECIPES®

$100 WINNER

Jacqueline R. Abel, Skokie, Ill., in the Best-Loved Soups and Stews category.
March, 1994



Smoked Sausage and Bean Soup

To save time, Jacqueline uses preshredded cabbage found in the produce section.

- 1 medium onion, finely chopped
- 1 tsp. bottled minced garlic
- 2 Tbsp. margarine or butter
- 6 cups water
- 2 medium potatoes, chopped (2 cups)
- 16 oz. fully cooked smoked turkey sausage, sliced
- 1 15-oz. can red kidney beans, rinsed and drained
- 1 tsp. instant beef bouillon granules
- 2 cups chopped cabbage or preshredded cole slaw mix
- ¼ cup tomato paste or catsup
- 3 Tbsp. vinegar

In a 4-quart Dutch oven cook the onion and garlic in margarine or butter till tender but not brown. Add the water, potatoes, sausage, beans, and bouillon granules. Heat to boiling. Reduce heat; simmer, covered, for 15 minutes. Add the cabbage or coleslaw mix, tomato paste or catsup, and vinegar. Simmer, covered, 10 minutes more. Makes 6 main-dish servings.

Nutrition facts per serving: 298 cal., 13 g total fat (4 g sat. fat), 51 mg chol., 933 mg sodium, 30 g carbo., 6 g fiber, 20 g pro. Daily Value: 7% vit. A, 29% vit. C, 8% calcium, 22% iron.



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PRIZE TESTED RECIPES®

$100 WINNER

Kathleen Roberts, West Sayville, N.Y., in the Special-Occasion Cakes category.
March, 1994



Raspberry Mousse Cake

- 1 cup all-purpose flour
- 2 Tbsp. cornstarch
- 1¼ tsp. baking powder
- 4 egg yolks
- ½ cup sugar
- 1 tsp. lemon juice
- 4 egg whites
- ½ cup sugar
- 2 cups frozen red raspberries, thawed
- ¼ cup sugar
- ⅛ cup orange juice or orange-flavored liqueur
- 1 envelope unflavored gelatin
- 3 cups whipping cream
- 3 Tbsp. sugar
- 3 cups fresh red raspberries

Grease and flour two 9x1½-inch round baking pans. Stir together the flour, cornstarch, baking powder, and ¼ teaspoon *salt*. In a medium bowl beat yolks with an electric mixer on high speed for 5 minutes. Beat in first ½ cup sugar on low; beat in lemon juice and 3 tablespoons *water*. Clean beaters. In a mixing bowl beat egg whites on medium speed till soft peaks form. Add second ½ cup sugar; beat at high speed till stiff peaks form. Fold in the yolk mixture. Fold the flour mixture into the egg mixture. Divide batter between pans. Bake in a 325° oven for 25 to 35 minutes or till top springs back when touched. Remove from pans immediately. Cool. Split layers in half horizontally. Place thawed berries in a blender container. Cover; blend till smooth. Strain to remove seeds. Stir in the ¼ cup sugar. Set aside. In a 1-cup heat-safe measure combine juice or liqueur and gelatin; let stand 5 minutes. Place measure in a saucepan filled with 1 inch of water. Heat till gelatin dissolves, stirring constantly. Beat whipping cream and 3 tablespoons sugar to soft peaks. Gradually add gelatin mixture, beating to stiff peaks. Reserve *3½ cups* whipped cream. To remaining whipped cream, fold in berry puree and *2 cups* fresh berries. Place a cake layer on a platter; top with ⅓ of berry mixture. Repeat twice. Top with last layer. Frost cake with reserved cream. Cover;

Finally, a scrumptious homemade brownie that's easy. Guaranteed.



One Bowl Brownies

- 4 squares BAKER'S® Unsweetened Chocolate
- 3/4 cup (1 1/2 sticks) margarine or butter
- 2 cups sugar
- 3 eggs
- 1 teaspoon vanilla
- 1 cup flour
- 1 1/2 cups chopped DIAMOND® Walnuts

Makes 24 fudgy brownies.

HEAT oven to 350°F (325°F for glass baking dish).

MICROWAVE chocolate and margarine in large microwavable bowl on HIGH 2 minutes or until margarine is melted. *Stir until chocolate is completely melted.*

STIR sugar into chocolate until well blended. Mix in eggs and vanilla. Stir in flour and walnuts until well blended. Spread in greased 13×9-inch baking pan.

BAKE 30 to 35 minutes or until toothpick inserted in center comes out with fudgy crumbs. DO NOT OVERBAKE.

Cool in pan. Cut into squares.

To obtain high-quality results, be sure to use only Baker's® and Diamond® products.





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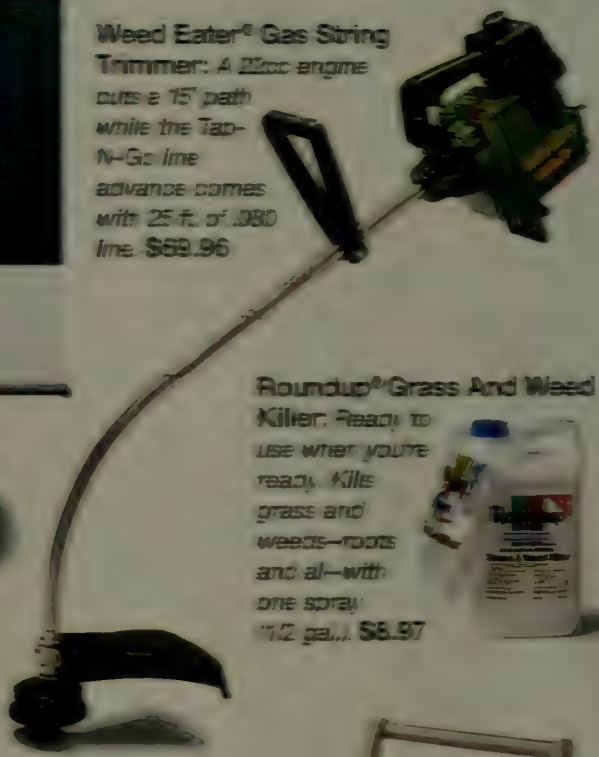


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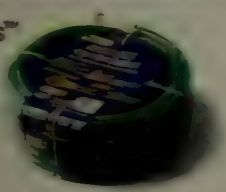
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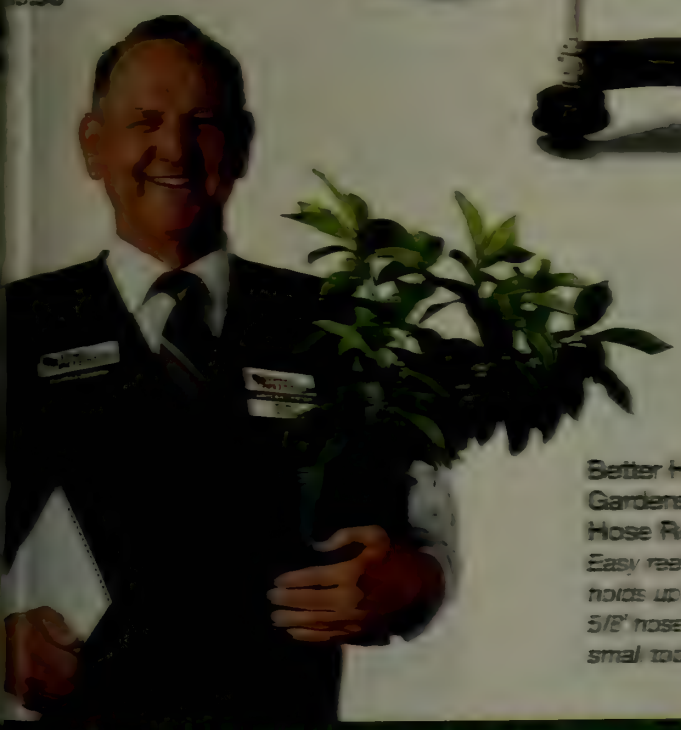
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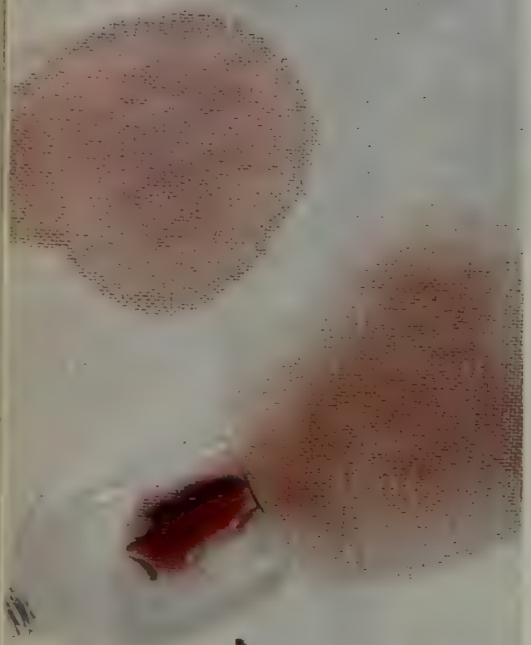
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HINT #4

Get the reds out.





Don't let a little spilled burgundy ruin your dinner party—or your nice cotton tablecloth. Immediately, pour enough Morton® Salt directly on the stain to soak up the liquid. Immerse the fabric for 1/2 hour in cold water. Launder as usual. Then toast one of the most economical, effective and safe household helpers: Morton® Salt. For more tips, write: Morton Salt Tips, Dept. C, Chicago, IL 60606-1597.

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tips, tools, & techniques

This is your column. It contains the best workshop shortcuts and household tips that readers have discovered. See below for details on how you can share your best tips.

CONTROL THOSE CORDS

Keep small appliance cords neat and untangled by folding the cords inside cardboard toilet tissue tubes.

L. C. McCulloch
Whiteville, N.C.

LEAF YOUR CAR TO DRY

Use your leaf blower to dry your car after you've washed it. The blower is faster than towels, won't scratch the car finish, and removes the water trapped under the car's trim.

W. C. Roeder
Oshkosh, Wis.

DEODORIZE YOUR TRASH

Toss a couple handfuls of laundry detergent into the bottom of garbage cans to repel insects and control odor.

Shirley Secord
Brown City, Mich.

TEST THIS TUBE

Save those cardboard wrapping paper tubes to help you with some housework. Those tubes can easily fit on the end of your vacuum cleaner's attachment hose to reach extra-high or out of the way places. The end of the tube can be flattened to reach into tight corners.

Desoree Thompson
Cherry Valley, Calif.

GOOD USE FOR FLOORING

Instead of using shelf paper in your kitchen cabinets, try using inexpensive self-stick vinyl floor tiles. Easy to install, these tiles are longer-lasting and easier to clean than conventional shelf paper.

Elizabeth Clay
Lipan, Texas

LOW-COST COPPER POLISH

Keep your copper items looking new by following this easy and inexpensive method. Wet the copper and sprinkle salt on it. Rub to a shine with a lemon slice, then rinse.

Trish Tageriello
Virginia Beach, Va.

BATHE YOUR DOG EASILY

Put a rubber bath mat on the bottom of the bathtub before bathing your dog. This will keep the tub from getting scratches from the dog's claws, and will prevent Fido from slipping and sliding.

Ethelyn Carr
Baker City, Ore.

FIGHT CAULK STAINS

Use rubbing alcohol to remove mildew and other stains from the silicone caulking around your tub.

S. J. Freedman
Baltimore, Md.

SEND US YOUR TIP

Mail your tip, along with a daytime telephone number, to Tips, Tools, and Techniques, *Better Homes and Gardens®* magazine, 1716 Locust Street, Des Moines, IA 50309-3023. No food or cooking tips, please. We can't acknowledge or return your letters. If we buy your tip, we'll send you $25. We reserve the right to edit tips we buy and to use them in any way for as long as we would like. We don't accept previously published tips.

by Cheryl Fritz Lung

Pet Odor

DEALING WITH ACCIDENTS

You come home dog tired, open the door, and catch a whiff of what your pet did while you were gone. Although having a pet is normally rewarding, cleaning up after accidents, especially on carpet, can test the best human-animal relationship. Yet, with a little care, you can banish, or at least diminish, telltale odors.

For best results:

- Clean up the mess promptly to increase your chances of success.
- Don't oversaturate; you'll drive the substance deeper into the carpet backing and spread the stain.
- Work from the outside in to contain the stain.
- Blot gently, do not rub, to retain the look of the carpet fiber and pile.
- Ban your pet from the room or block off the area where the accident occurred; pets often return to the scene of the crime and become repeat offenders.

The best removal method is a blot-and-dilute two-step. Begin by soaking up as much urine as possible. Stack a half-inch of paper towels over the area and bear down hard with your shoe. Repeat until you can't blot any more liquid. Then add a tablespoon of water to the spot and work in with your fingers (wear rubber gloves). Put down another pile of towels and continue blotting. After testing for colorfastness in an inconspicuous spot, apply a solution of one part white vinegar to two parts water. Let this stand a few minutes and repeat blotting, then use water to remove vinegar solution. For feces, pick up the solid matter, then apply a mild detergent solution to the area and proceed as with urine spots.

Sometimes it is impossible to remove all of the odor, especially from cat urine. If the stain has saturated the carpet backing, pad, and subfloor, you can mask the odor temporarily with carpet deodorant found in supermarkets and pet stores, but you may need to replace the carpet and pad, or, in extreme cases, seal the subfloor.

Which Lab Has Too Much Flab?



It's hard to spot an overweight dog using your eyes. Instead, use your hands. Put your thumbs along your dog's spine and your fingers around his middle. If you can't easily feel his ribs, you may have a good reason to get your hands on Purina® Fit & Trim® brand adult dog food.

It's specially formulated with fewer calories and less fat than the leading brand, to help dogs that lead *too* much of a dog's life.

So try the test. And if your Lab's too flabby (like the one on the right), try Purina Fit & Trim.



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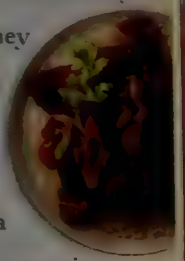
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FOOD *by Julia Malloy*

Salad from the Pantry

This side-dish salad tastes so fresh, it's hard to believe it comes mostly from ingredients you keep on your pantry shelf.

CHUNKY BEAN AND PASTA SALAD

The basil vinaigrette and crunchy vegetables add a summery touch.



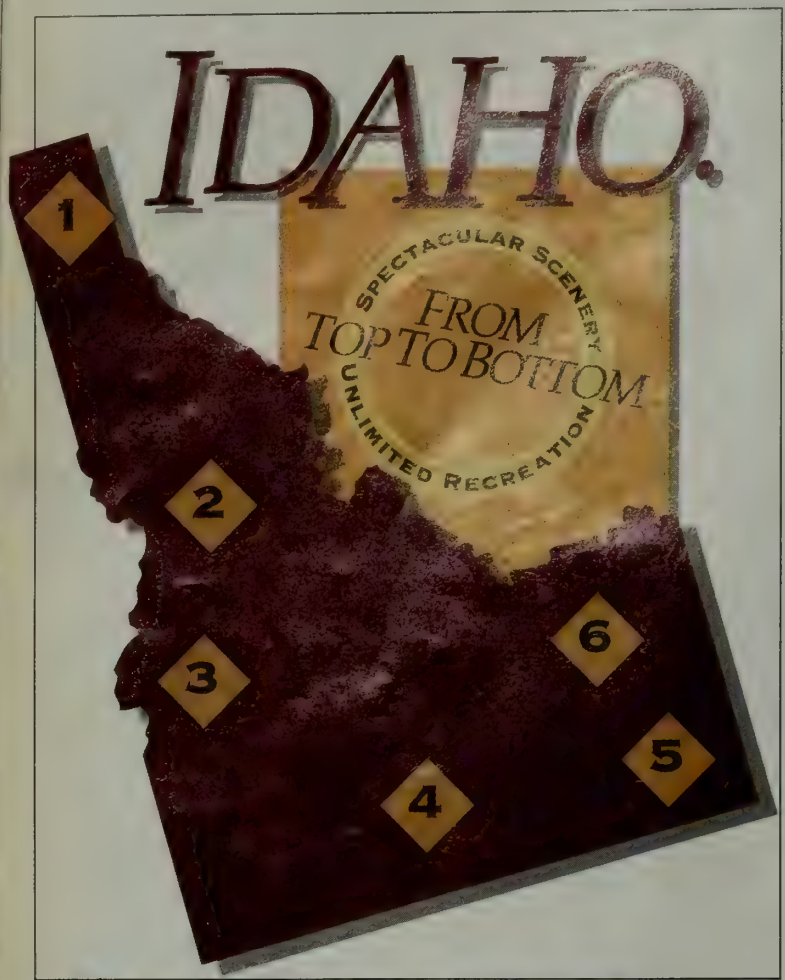
- 6 oz. mostaccioli or macaroni
- 1 15-oz. can garbanzo beans
- 1 8-oz. can cut green beans
- 1 2-oz. jar sliced pimiento
- 2 oz. salami or luncheon meat
- 1 cup shredded carrot
- ⅓ cup halved pitted ripe olives
- ¼ of a small onion, thinly sliced and separated into rings
- 2 oz. cheddar cheese, cubed
- ¼ cup wine vinegar or vinegar
- 3 Tbsp. olive or salad oil
- ¼ tsp. garlic powder
- 1 Tbsp. dried basil, crushed
- 2 tsp. sugar
- ½ tsp. dried mint, crushed
- ⅛ tsp. pepper

Cook pasta according to package directions; drain. Drain beans and pimiento. Cut salami into bite-size pieces. In a large bowl combine pasta, beans, pimiento, salami, carrot, olives, onion, and cheese.

For dressing, in a screw-top jar mix vinegar, oil, garlic powder, basil, sugar, mint, and pepper. Cover and shake; pour over salad. Toss to coat. Cover; chill 2 to 24 hours. If desired, top with fresh basil or mint. Makes 8 to 10 servings.

Nutrition facts per serving: 252 cal., 11 g total fat (3 g sat. fat), 12 mg chol., 213 mg sodium, 31 g carbo., 4 g fiber, 9 g pro. Daily Value: 55% vit. A, 17% vit. C., 12% calcium, 15% iron.

SCOTT LITTLE



1



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IDAHO

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3



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National Oldtime Fiddlers' Contest

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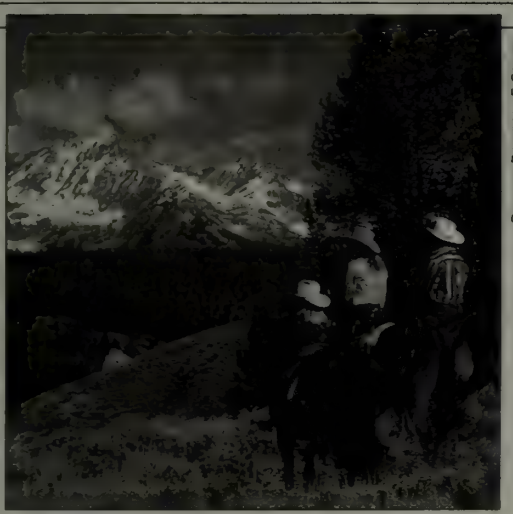
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IDAHO.

LIKE AMERICA USED TO BE.

Imagine a simpler time when living was easy. A time when the skies were robin egg blue, streams were clear and lakes pure. Well, that's about what Idaho is like today.

Idaho's casual living and easy style make it a perfect destination for an unhurried, laid-back vacation. The north has endless miles of velvet green forests with Southern Idaho revealing sweeping landscapes reminiscent of a Remington art piece.

The backbone to the state is the Rocky Mountain ranges, which are as wild as their names suggest: the Sawtooths, the White Clouds, the Seven Devils, and the Bitterroots. In fact, you can't stand on Idaho soil and not see a mountain. Some say that if you squashed all Idaho's mountains flat, the state would be bigger than Texas. But if you did there would be a tremendous tidal wave from all the water as Idaho has more than 2,000 lakes, 239,000 acres of reservoirs and 16,000 miles of streams. The big lakes in North Idaho are so big and so clear the native fish can grow to over 30 pounds. And although it sounds like a fish story, the white sturgeon found on a catch and release basis in the Snake River can be as long as 7 feet. With over 39 species of game fish something is always biting in Idaho.

Stay at an Idaho Guest and Dude Ranch and you'll get adventure, tall tales and honest home cook'n. Many ranches are located in the backcountry amid the spectacular scenery of soaring peaks, alpine valleys and cascading streams.

The Idaho Mountains and plains intertwine, but the mighty rivers dominate. The Lochsa and Selway Rivers crash out of the Bitterroot Mountains and join to form the Clearwater. The Snake River slithers up the state's western border. Along its way, it winds through the deepest gorge in North American, Hells Canyon, deeper even than the Grand Canyon.

About 40 miles upriver from Lewiston, Idaho, the legendary Salmon River quietly joins the Snake. The "River of No Return" and one of its major tributaries, the Middle Fork, are two of the most famous white water rivers in the world. Every year, thousands of people have the vacation of a lifetime riding their rapids. Most hire guides who provide everything from boats to breakfast.

In the Coeur d' Alene area, you won't need a guide to find some of the most stimulating golf in the west. Treelined fairways open up to gorgeous vistas of the big lakes. There's even a floating green. The number and variety of courses in North Idaho make it a golfer's utopia.

The natural paradise of Yellowstone National Park and Grand Teton National Park anchor the southern end of the state. Although, they're not in Idaho (well, okay, some of Yellowstone is) you'll get to them easiest from Idaho.

On your way, you'll see wide, graceful valleys and fish infested rivers, including the Henry's Fork, one of the best fly fishing streams in the world.

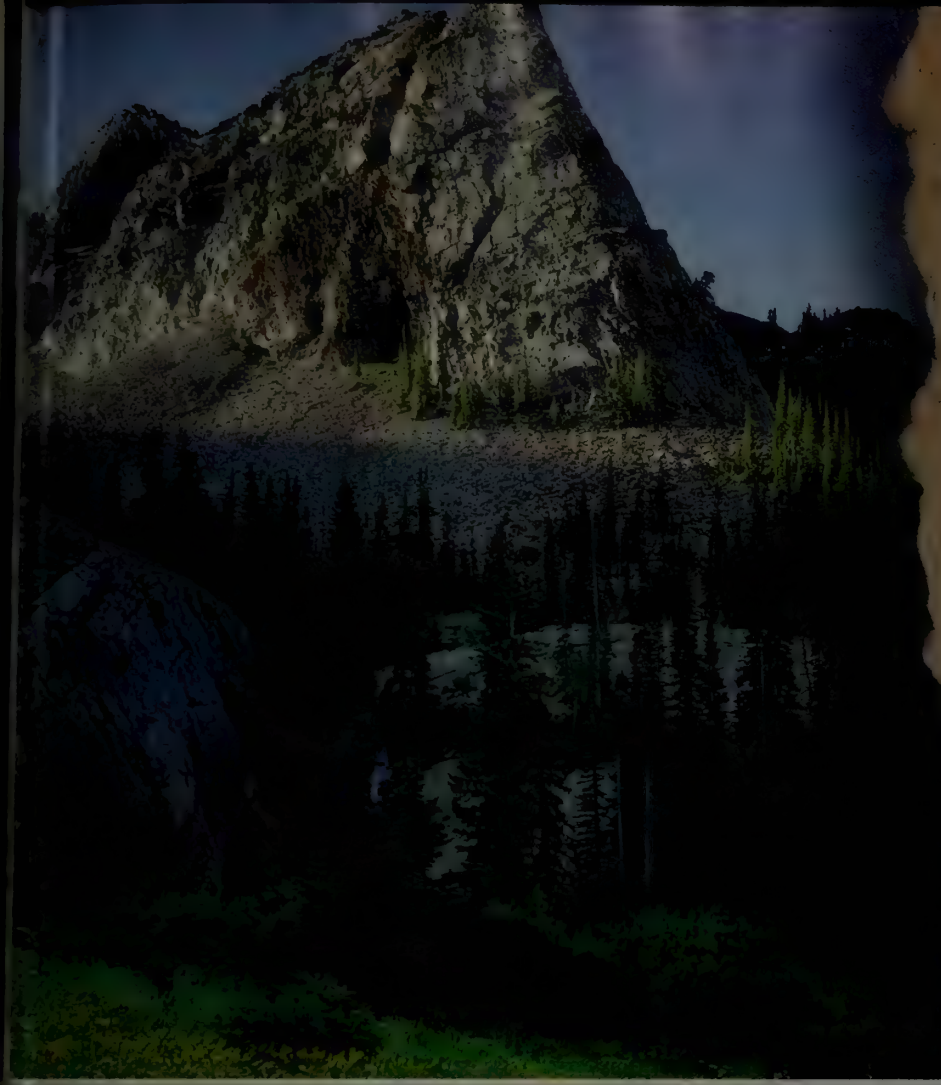
To the south, near Pocatello, history hits you right in the buckboard. This is where the Oregon Trail enters the state. You can still see the wagon ruts, seemingly so sacred that not even Mother Nature will desecrate them.

The pioneers who made that diffi journey west were not alone, of cours They had an audience, the Shoshone- Bannock Indians. Today, these native American's lives are much different. they still hold onto their heritage pro and enjoy sharing it with their guests

South Central Idaho near Twin Fa a land of awesome canyons, lush fiel and cool, meandering rivers. Shosho Falls is higher than Niagara. There a caves under the highland deserts. Underground aquifers burst from she canyon walls and ancient rock monol tower over 60 stories high.

But, if you happen to be in Idaho the third week of June, mosey over to Weiser where the National Oldtime Fiddlers contest is held each year. Yo won't find another festival quite like i weeklong contest with non-stop activ that help preserve the old time music atmosphere. It's like stepping back in time. But then again, so is the rest of Idaho. Idaho's a different kind of pla with a feeling of a different time. It's place like America used to be.





The fact is, Utah's five national parks, six national monuments, two national recreation areas and one national historic site occupy a mere 2.8% of the state's 85,000 square miles. Which leaves a mind boggling array of natural wonders to explore. And while our national parks are well worth the trip, you'll discover a whole new side to Utah by visiting some of our lesser known treasures. To help get you there, we'll send

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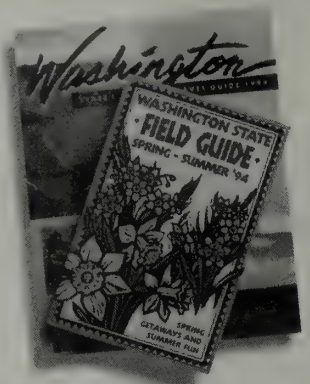
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7	16	25	34	43	52	61	70	79	88	
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Companies specializing in llama treks in the west include the Buckhorn Llama Company (*801/672-2281*) in Bluff, Utah, and Hurricane Creek Llama Treks (*800/528-9609*) in Enterprise, Oregon. Among suppliers in the east, the Telemark Inn and Llama Trek Company in Bethel, Maine, will take you on a slow-paced trek in the splendid White Mountain National Forest. The one-, three-, and seven-day trips include lots of stops to enjoy scenic panoramas and refreshing dips in crystal-clear natural swimming pools (*207/836-2703*).

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MountainFit hiking vacations include first-class accommodations at estate homes, inns, or mountain lodges; gourmet cuisine; daily yoga exercises; and soothing massages to help relieve the rigors of the day (*800/926-5700*).

Ace Whitewater (*800/223-2641*) in Oak Hill, Virginia, and Northern Outdoors (*800/765-7238*) in The Forks, Maine, combine the thrill of whitewater rafting with a number of activities, including mountain biking, trail riding, fishing, and hiking. Spend the day pursuing your favorite activity, then indulge yourself back at their resort facilities with a soak in the whirlpool and a steak dinner.

—by Diane Bair and Pamela Wright

WASHINGTON, D.C., REMEMBERS

The Holocaust Museum

Washington, D.C., makes a memorable family vacation, partially because of its outstanding free museums. You can view planes, from the Wright Brothers' Kitty Hawk Flyer to rocket ships; see the Declaration of Independence; and stand in the shadow of dinosaur skeletons. Besides telling you about the top attractions for families, "The Trip You Owe Your Children" in the August 1993 issue of *Better Homes and Gardens®* overflows with such helpful advice as the best time to visit the capital.



PHOEBE BELL/FOTO

Walls and walls of pictures create a haunting testimony to victims of the Holocaust at the new Holocaust Museum in Washington, D.C.

The article didn't mention D.C.'s newest major museum, which opened last April, because the museum wasn't designed for youngsters. Due to the graphic and emotional nature of many of the displays, the staff recommends a minimum age of 11 for the main exhibits.

For adults and many teens, the U.S. Holocaust Memorial Museum provides a thought-provoking experience far different from what you'll find in the city's other museums.

The Holocaust Museum's exhibits show you the real men, women, and children whom the Nazis tortured and killed, as well as those who, despite all odds, survived. You can receive an identity card of an actual person of about your age and gender who experienced the Holocaust. After each floor, you use your card to find out what happened to your person at that point in history.

Be prepared. A visit to the Holocaust Museum is unsettling but worthwhile. You'll learn how the Germans systematically denied Jews and others the rights of citizens, and view images of hordes waiting in line to be shuttled to ghettos and to death camps. These contrast with the photos of Ejszyski, a Polish town, that show friends happily posing at the beach, children playing, and women chatting. The Nazis later wiped out this community.

You can walk through a "cattle car" used to transport Jews to the camps, and examine a three-tiered bunk from Auschwitz-Birkenau. Some of the most graphic displays appear behind privacy walls. The walls let you skip these exhibits if you wish.

"Remember the Children: Daniel's Story," designed for youngsters 8 and up, presents the Holocaust through the eyes of youth. Daniel changes from a happy middle-class child to a ghetto dweller, a concentration camp inmate, and then a survivor.

Should you want to learn more about various aspects of the Holocaust—about a certain subject, place, or time—you can use the computers at the Wexner Learning Center in the museum.

Since the museum, located between 14th and 15th streets near Independence Avenue, is popular,

continued on page G12

TO ORDER

FREE VACATION INFORMATION
See *page G7* for a list of free travel information and literature.

In Wyoming, you can still experience the Oregon Trail. Minus the cholera epidemics and quicksand, of course.

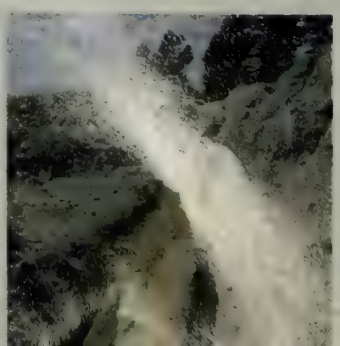
Traveling on the Oregon Trail these days is far more enjoyable than it was 150 years ago.

For unlike the 350,000 people who went across Wyoming between 1841 and 1868, your trip won't be hampered by disease, hazardous river crossings, or armed bandits.



A ride on an authentic covered wagon is a good way to experience the Trail.

But what will stop you are the many historic sites along the Oregon Trail itself. Such as the wagon wheel ruts, five feet deep in places, that are worn through the sandstone near the town of Guernsey. Or the hundreds of settlers' names, messages and other carvings you'll discover at Independence Rock and Register Cliff.



The wheel ruts are 5 feet deep at Oregon Trail Ruts State Historic Site.

There are close to 487 miles of the Trail in Wyoming. Most of which have remained the same since the last wagon rolled westward.

For more information about exploring our state's stretch of the Oregon Trail, write: Wyoming Division of Tourism, Department 435, Cheyenne, WY 82002-0660. Or call us at 1-800-225-5996.

WYOMING

Like no place on earth.

WYOMING - Like no place on earth.

Wyoming, with its wide-open plains and towering mountains, is often referred to as the "Cowboy State."

years ago a professional photographer on assignment asked, over coffee, about the "cowboy myth." He wanted to seek it out on the ranges of ning. The group gathered around the photographer looked at him for a few moments and then answered in unison: "IT'S NO MYTH."

ning has all the usual occupations: business executives, teachers, carpenters. Often times you will find people changing after the paid workday is They can't wait to put on those old jeans and tend to the horses.

little ones in the ranch country of Wyoming are placed astride a horse before the kids are out of diapers. The Wyoming three "Rs" are taught . . riding, roping and rodeo.

ning is home to rodeos of every size and ption. You'll find it all from the "Little es" to the "Old Timers" competition.

argest outdoor rodeo in the country, enne Frontier Days, is gearing up for its 98th l show. There are nine professional rodeos ring all the best professional cowboys and irls. Night show entertainers this year include: ge Strait, Alan Jackson, and Brooks & Dunn. free activities complement Frontier Days as western parades and pancake breakfasts. a line across the calendar through the final ays of July and make plans now to "cowboy- t Old Cheyenne.

visit will be enhanced by a trip to Gillette for National High School Finals Rodeo during the time period. More than 1,400 young people ete in 13 rodeo performances.

is a big rodeo month and one of the biggest rations is sure to be the 75th annual Cody pede, July 2-4. The northwest Wyoming , named in honor of Buffalo Bill, proudly tains its western heritage. Professional rodeos, les and special events scheduled this year are to be wild and wooly. Allow the family gh time to see the fabulous Buffalo Bill rical Center in the heart of Cody and Old Town just outside the city limits on the way to wstone National Park.

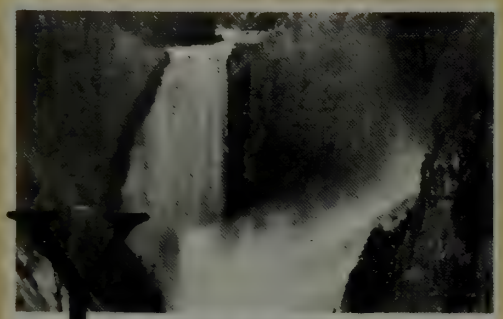
al Wyoming towns have night rodeo shows e summer. Cheyenne's moves to Terry Bison h this year. Opening June 1, the ranch ures western accommodations, and RV camp, k wagon dinners, and tours of the herd of 0 buffaloes.

ther it's a rodeo, a guest ranch, wildlife, or just a peaceful surroundings - Wyoming cradles the t of the West. The state covers 98,000 square and has only 450,000 residents. Come and s this year. Wyoming, much like the old cow- said about rodeo, "will get in your blood."

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Write the Cheyenne Area Convention & Visitors Bureau, P.O. Box 765, Dept. 944, Cheyenne, WY 82003, or call 1-800-426-5009.

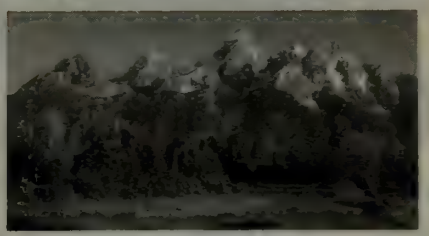


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continued from page G9

plan ahead. Free tickets valid for a specific time are available daily at 9 a.m. On weekends, lines start about 8:30 a.m., with all tickets usually gone by noon. Each person may obtain up to 4 tickets. Ticketmaster (*800/551-SEAT*) sells tickets in advance for $3.50 each.

U.S. Holocaust Memorial Museum, 100 Raoul Wallenberg Place, SW, Dept. BHG, Washington, DC 20034-2150; 202/488-0400.

The small Simon Wiesenthal Center's Beit Hashoan–Museum of Tolerance opened near Beverly Hills in Los Angeles in 1993. The museum focuses on many kinds of racism and prejudice in America, as well as the Holocaust. ***Simon Wiesenthal Plaza, 9786 West Pico Blvd., Dept. BHG, Los Angeles, CA 90035; 310/553-9036.***

—by Candyce H. Stapen

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—by Diane Bair and Pamela Wright





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It's hard to believe that th yummy stack of pancakes you se here started out as a simple mix not just any mix. It's Krusteaz.

Our Blueberry, Buttermil and Harvest Apple Spice mixes are all made with the bes ingredients. So every pancak cooks up light and delicious (all you have to add is water.

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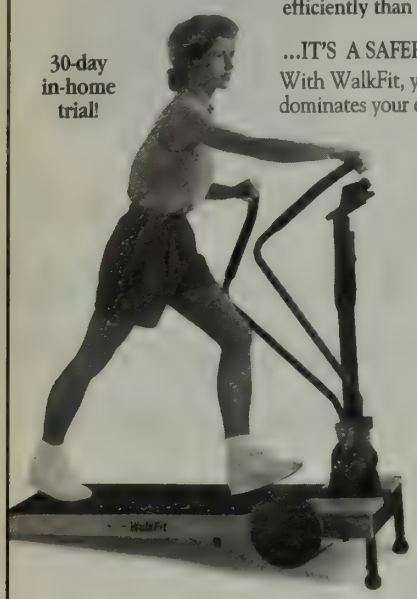
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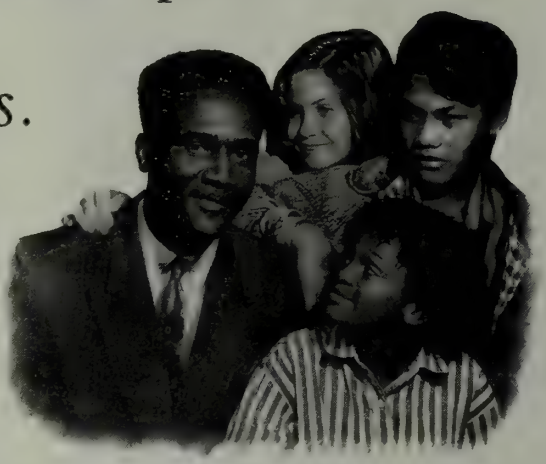
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To find out if your home need foam gaskets on the outlets, wait fo a cold, windy night; then, hold candle or incense smoke near a outlet. Watch what happens. Col air infiltrating your home will caus the flame to bob and weave, or th smoke from the incense to scatter furl. If you've conscientiousl weather-stripped your windows an doors, your electrical outlets ar now probably the weakest link i the thermal envelope of your home

To install, simply remove the ou let cover plate with a screwdrive press the gasket in place, and repla the cover plate. Most gaskets com in packages of five or 10.

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eating a monster has never been so much fun. Or so easy. Just follow the agram and turn a simple pound cake into a prehistoric delight. And because made with 100% pure Domino® Sugar, your dinosaur will be 100% delicious.

ominosaurus Pound Cake

- ¼ cups all-purpose flour
- 1 Tbsp baking powder
- ½ tsp salt
- ¼ cup (1½ sticks) butter or margarine, softened
- ⅓ cups Domino® Pure Granulated Sugar
- ½ tsp vanilla
- 3 eggs
- 1 cup milk

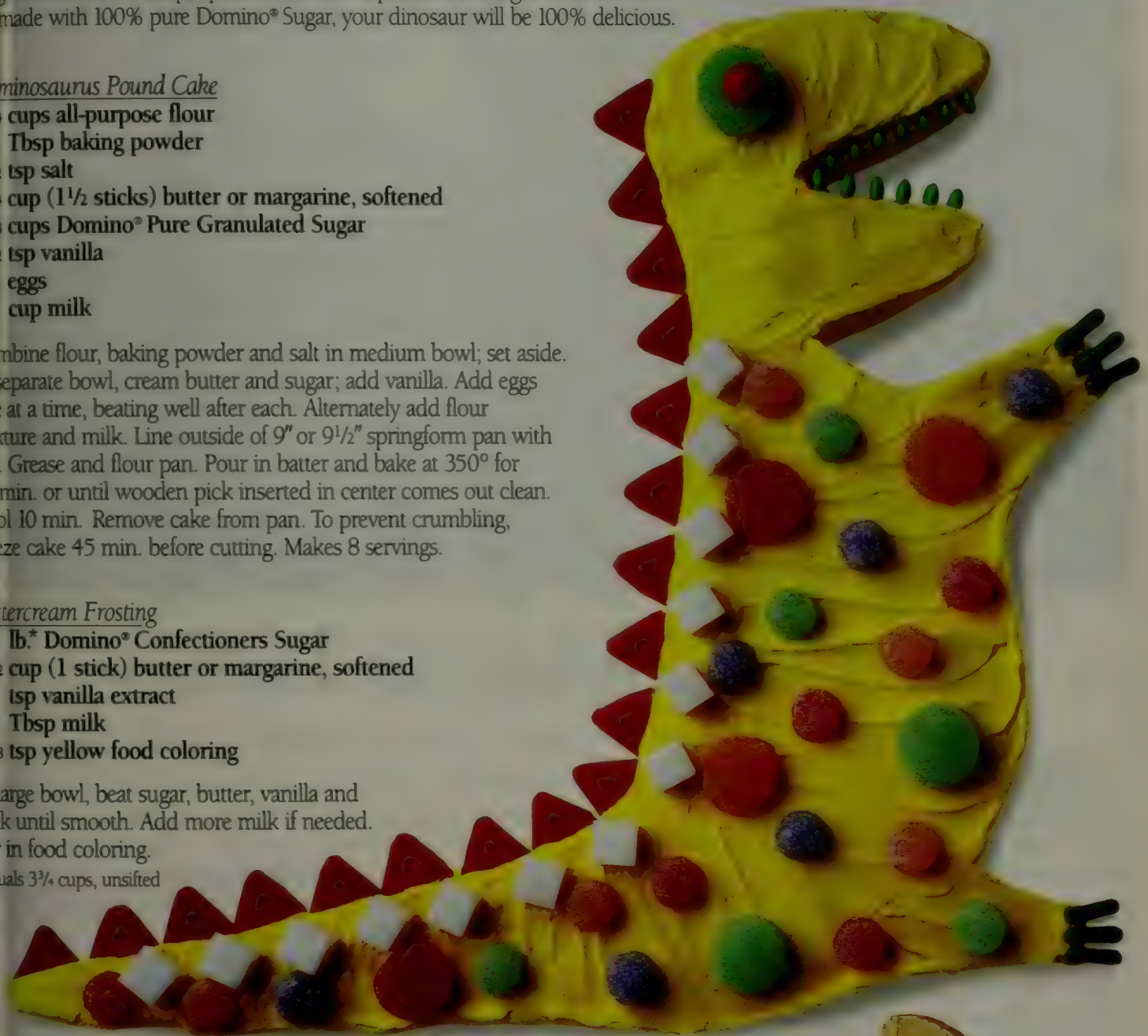
ombine flour, baking powder and salt in medium bowl; set aside. separate bowl, cream butter and sugar; add vanilla. Add eggs e at a time, beating well after each. Alternately add flour ixture and milk. Line outside of 9" or 9½" springform pan with l. Grease and flour pan. Pour in batter and bake at 350° for 5 min. or until wooden pick inserted in center comes out clean. ool 10 min. Remove cake from pan. To prevent crumbling, eeze cake 45 min. before cutting. Makes 8 servings.

uttercream Frosting

- 1 lb.* Domino® Confectioners Sugar
- ½ cup (1 stick) butter or margarine, softened
- 1 tsp vanilla extract
- 5 Tbsp milk
- ⅛ tsp yellow food coloring

n large bowl, beat sugar, butter, vanilla and ilk until smooth. Add more milk if needed. ir in food coloring.

quals 3¾ cups, unsifted



haping The Dinosaur

ut cake as indicated on diagram. n 16" x 16" foil-covered cardboard, se icing to "stick" parts together. Snack n the extra piece (G) as you decorate! ecorate with candies and omino® Dots® Sugar Cubes.





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PHOTOGRAPH: MAXWELL MACKENZIE. REGIONAL EDITOR: EILEEN DEYMIER

Great Looks for Less

Thrifty shoppers who pull together great-looking rooms have one thing in common: a playful attitude toward decorating. To learn how to free yourself from your serious side while keeping your decorating budget under control, look at Peggy and Nils Erickson's Maryland home (*above*).

New attitudes. Tossing aside conventional furniture labels, the Ericksons gathered in their living room a mix of pieces originally intended for other rooms. Peggy rescued the painted bench from the trash and turned it into a coffee table. Instead of furnishing the room with a sofa, the Ericksons chose an old wooden daybed to become their main seating piece. Lace and linen bedding, tablecloths, and handkerchiefs now cover the daybed and end tables. To work an unusual piece into your decorating scheme, pay more attention to its shape, size, and feel than to its intended purpose.

Quirky characteristics. When shopping at thrift stores and garage sales, search for unusual items that stand out in a crowd. Odd shapes, intricate carving, lots of details, or a worn patina set yesterday's furnishings apart from today's. Gather accessories with plenty of panache, such as the floor lamp with the angular stained-glass shade. One-of-a-kind pieces, such as the daybed that Peggy and Nils bought for $35, can cost little but still become beautiful focal points in a room.

Unusual artwork. Here, a stained-glass window propped on a ledge adds more dazzle when the sun shines through than would a simple print or painting. Framed by the bench, the two baskets underneath it stand out like sculptures. To elevate any item to artwork status, treat it as if it were something special by giving it plenty of display space. For example, boost a large piece by placing it on a pedestal of its own.



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HMMM... GOOD VITTLES.

EEE-HAH! GOTCHA, TENDERFOOT!

I THINK YOU'RE TAKING THIS WESTERN THING A LITTLE TOO SERIOUSL

S&W White Bean Chili

1 Tbsp. vegetable oil

4 boneless, skinless chicken breast halves, cut into ½" chunks

1 medium onion, chopped

2 cloves garlic, minced

1 can (14.5 oz) S&W Mild or Medium Ready-Cut Salsa

3 cans (15 oz ea.) S&W Small White Beans, undrained

3 Tbsp S&W Mesquite Cooking Sauce & Marinade

⅓ cup chopped cilantro

Grated Monterey Jack cheese (optional)

Cilantro sprigs (optional)

Heat oil in Dutch oven; add chicken and sauté over medium-low heat, stirring frequently, until pink color has almost disappeared. Add onion and garlic; sauté and continue stirring until onion is transparent and chicken is lightly browned. Reduce heat to low; add Salsa, White Beans, Cooking Sauce and chopped cilantro; simmer 3-5 minutes, stirring occasionally. Ladle into bowls; top with grated cheese and cilantro sprigs, if desired. Serves 4-6. Nutrition [illegible] 48 g carbo; 11 [illegible] 1250 mg [illegible]um

S&W Fine Foods [illegible]



S&W. SIMPLY WONDERFU

by Kristi Fuller, R.D.

Spelt: A Wheat Alternative



Spelt grain offers a tasty alternative to regular flour in baked goods.



The flavorful grain called spelt may sound new to you, but it's been around for thousands of years. Once a mainstay in European diets, spelt is regaining popularity in both Europe and the U.S., particularly with wheat-intolerant folks who can digest spelt more easily than wheat.

Spelt flour is slightly higher in protein and fiber than wheat flour, and it adds a whole-grain taste to foods. Try it in this bread or in favorite recipes (see cooking tips).

Look for spelt flour or products made with spelt, such as cereal, pasta, and pancake mixes, at your health food store. Or, to order spelt or spelt products directly, call Purity Foods, Inc., at 517/351-9231.

SPELT YEAST BREAD

You'll think this bread tastes like wheat bread, but it has no wheat.

- 3½ cups whole spelt flour
- 1 pkg. active dry yeast
- 1 cup water
- ⅓ cup honey
- ⅓ cup margarine or butter
- 1 egg

In a large mixing bowl combine 2 *cups* of the spelt flour and the yeast. In a saucepan heat and stir the water, honey, margarine or butter, and 1 teaspoon *salt* till warm (120° to 130°). Add water mixture to flour mixture; add egg. Beat with an electric mixer on low speed for 30 seconds. Beat for 3 minutes on high speed. Stir in remaining flour to make a soft dough. Cover; let rise till double (45 to 60 minutes).

Spread dough in a greased 9x5x3-inch loaf pan. Cover; let rise till double (30 to 45 minutes). Bake in a 375° oven for 25 to 30 minutes or till loaf sounds hollow when tapped. Cover with foil the last 10 minutes of baking. Remove from pan; cool. Makes 1 loaf (18 slices).

Nutrition facts per serving: 135 cal., 3 g total fat, 12 mg chol., 153 mg sodium, 22 g carbo., 2 g fiber, 4 g pro. Daily Value: 7% iron.

SPELT COOKING TIPS

- Use spelt flour as a direct substitute for wheat flour in biscuits, pancakes, waffles, breads, cookies, and muffins. You'll need to decrease the liquid slightly. For starters, use one-fourth less liquid.
- When there is little or no liquid in your recipe (such as in cookies), increase the amount of spelt used by ¼ cup for *each* cup of all-purpose flour called for. (For example, if the recipe calls for 2 cups of all-purpose flour, substitute 2 ¼ cups of spelt.)
- Thicken sauces, gravies, or soups with spelt flour. Use the same amount as you would regular flour.
- Store spelt in an airtight container in a cool, dry place. For longer storage, refrigerate or freeze it in a moisture-proof container.

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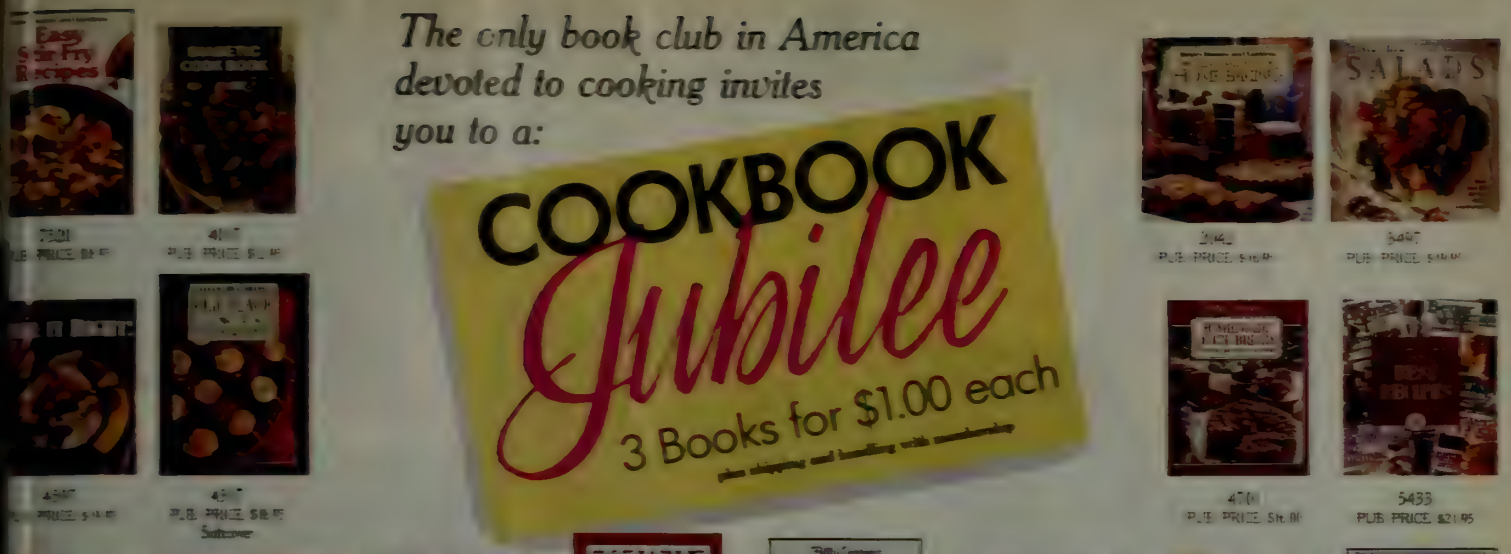
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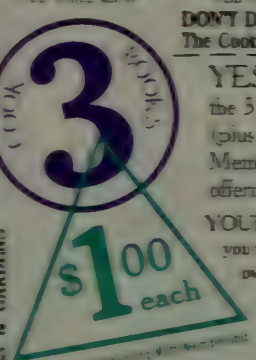
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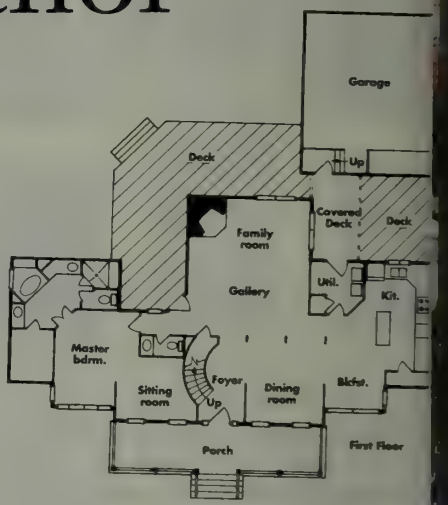
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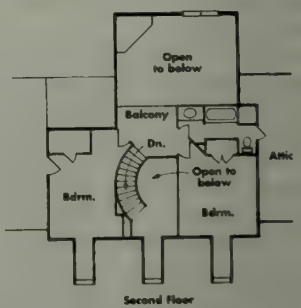


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Start your tour of this classically inspired home with a stunning view from the foyer. A curving staircase sweeps up dramatically to the left, and through views lead you across the column-lined gallery to a large family room with a vaulted ceiling. On one end of the house, the master suite gives you space to stretch. At the opposite end of the house, a space-efficient kitchen sits close to the formal dining room and informal eating area.

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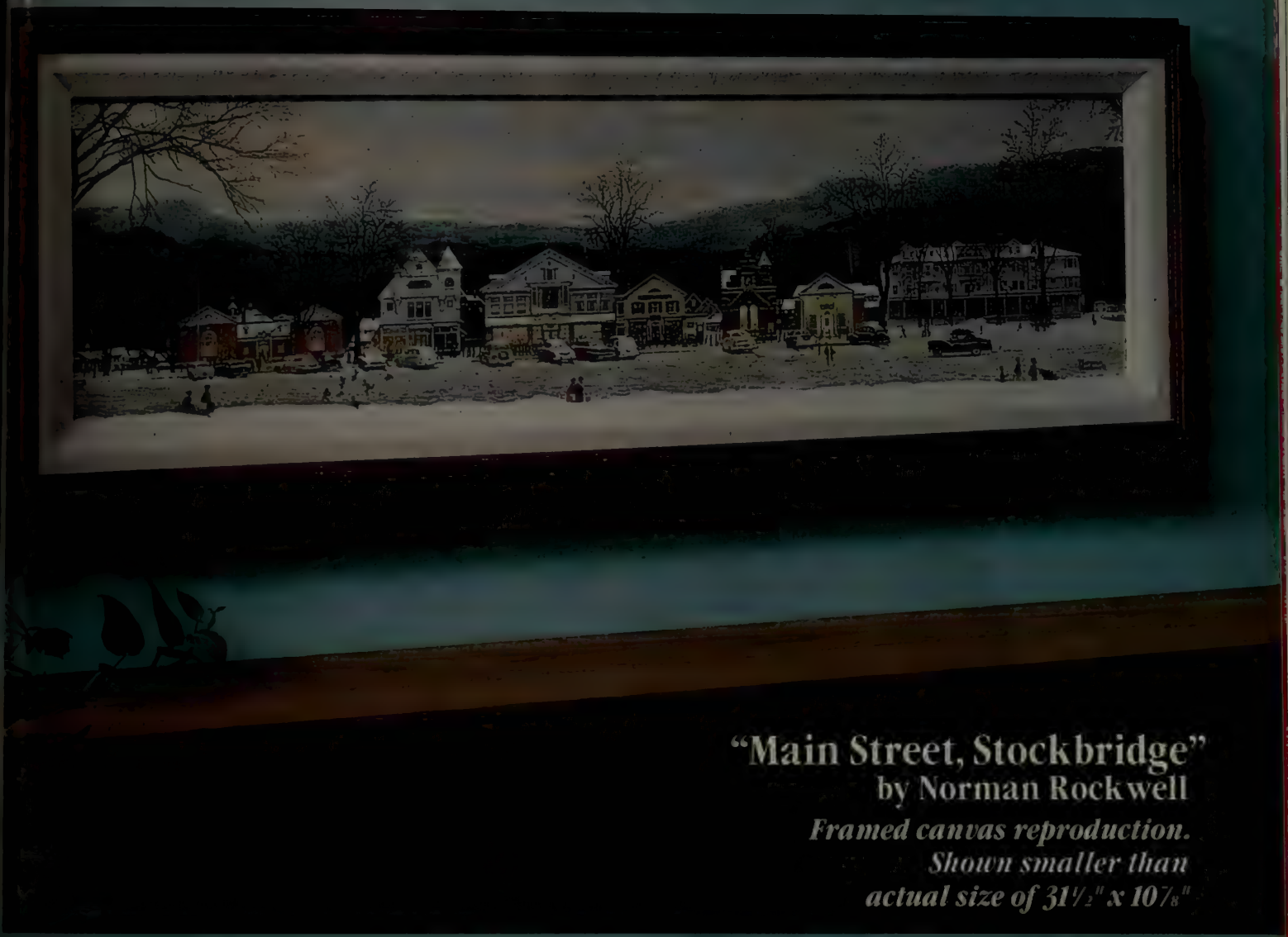
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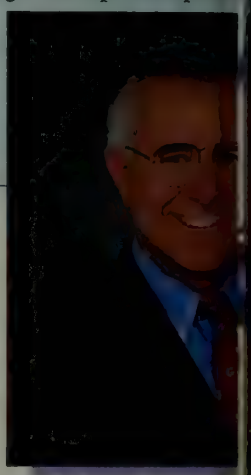
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Everyone wants a better relationship, but most couples don't know what to do to get one. They think they've tried *everything*, and yet they haven't tried the *right* things that really work.

—Dr. Gary Smalley

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Nothing in life affects our happiness more than our relationships. We all want our relationships to be the best they can be, and yet one out of every two marriages ends in divorce...and many of the ones that don't end in divorce cease to be happy and fulfilling. Why? If we all want to have intimate and fulfilling relationships, why are so few of us successful?

Even more important, what does it take to transform bad relationships into good ones...and good ones into great ones? That's what Gary Smalley's tape series, "Hidden Keys to Loving Relationships," is all about.

Watching these tapes is like attending Gary's live seminar. You become a part of his audience, along with hundreds of other couples. One moment you'll be laughing out of control and the next moment you'll be holding back the tears. Men and women alike find these tapes incredibly entertaining. In fact, this summer at one event alone, over 55,000 men turned out to hear Gary's message on relationships. It's hard to believe that a set of tapes can make such an incredible difference...yet they can.

No matter how many books you've read or how many tapes you've seen, if you haven't seen these...you have no idea what you're missing. Whether you're in the middle of tremendous problems, or simply want to make a good relationship a more intimate and fulfilling one, Gary's tapes will give you the insights and techniques to do just that. We promise...you won't be disappointed.

Sincerely,

Connie Sellem

SO OFTEN I'M TOLD by frustrated women that no matter what they do, they just can't seem to improve their relationships with their mates. They often reach the point of hopelessness, ready to give up. They usually say, "I've tried EVERYTHING." In reality, they've only tried everything that DOESN'T work. In this series, we give men and women insights and techniques that do work. We've seen them work with tens of thousands of couples.

"But you don't know my husband," is a statement I've heard thousands of times, usually from women who are convinced that their husbands will never change and give them what they really need in the relationship. Believe me when I say that most husbands who "won't change" or "can't change," WILL change when their wives begin to use the communication techniques and other techniques we teach in these tapes. That's why over 55,000 men recently turned out to one of our live meetings to hear how they can become better husbands and fathers. I've even had over 2,000 professional athletes attend my live sessions. I don't care if you've been married for a month, or for a lifetime, there are specific steps you can take that in the vast majority of cases will make a tremendous difference in your relationship. That's why we can give an unconditional money-back guarantee and so few people ever take us up on it.

Whether you're a newlywed or a grandma and grandpa, I promise you won't be disappointed with what you see and hear in these videos. They will not only make a difference in all of your relationships...they'll make a wonderful difference in every area of your life.

Gary Smalley

hy Can't Men Understand ow Women Really Feel, and hat they Really Need?... ow, Thanks to Gary Smalley, hey Can!

— Connie Sellecca and John Tesh



lere are a few areas covered in Gary Smalley's videos "Hidden Keys to Loving Relationships."

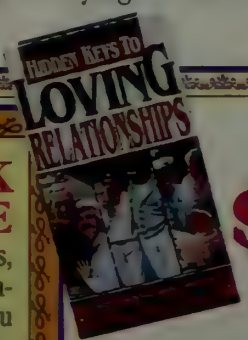
- **8 Critical Elements** Every Relationship must have on a DAILY basis to succeed and grow.
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exually speaking, men are like microwaves...and women are like crockpots...

t is, men can be instantly turned on by a sight or thought, while normally, women need to 'warm up' to sexual intimacy ough a secure and satisfying relationship. It's very difficult, if not impossible for most women to get sexually excited en other critical areas of the relationship are neglected or seriously deficient. A woman needs Security, Meaningful mmunication, Non-sexual Touch and Romance to have a satisfying sexual relationship. So men, if there are problems your sex life, one or more of these four critical areas needs to be addressed and satisfied ST...and when they are, a *mutually* satisfying sex life can follow."

—Excerpt, "Hidden Keys to Loving Relationships."

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Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed *below*. Some privately owned or custom-made items have been omitted from the product listing.

MASTER PIECES

Pages 83–92: all quilts featured in this story are antique.
Pages 84–85: lace curtains, "Claire"—Linen & Lace, 4 Lafayette, Washington, MO 63090.
Pages 86–87: lace curtains, "Alexander"—Linen & Lace, 4 Lafayette, Washington, MO 63090.
Pages 88–89: lace curtains, "Lucinda"; **table runner,** "Madras Rose"; **table cover**—Linen & Lace (address above).

FRIENDLY GATHERINGS

Pages 96–97: area rug—Spiegel Catalog, 1040 W. 35th St., Chicago, IL 60609.
Page 99: flooring—Armstrong World Ind., P.O. Box 3001, Lancaster, PA 17604. **Chopping block**—Whittier Woods, 3787 W. First Ave., Eugene, OR 97402.
Page 100: youth bed, armoire—Pelayo Antiques, 8421 Greenwood Ave., Seattle, WA 98103. **Storybook print fabric**—Cyrus Clark Co., 267 Fifth Ave., New York, NY 10016.

FLIGHTS OF FANCY

Pages 104–105: miniature birdhouses and metal bird—Nancy Thomas Studio Gallery, P.O. Box 274, Yorktown, VA 23690; 804/898-3665. **Paint for fire screen and whirligig**—Delta Ceramcoat, available in arts and crafts stores nationwide. **Embroidery floss for sampler and bluebird pillow**—DMC Corp., Port Kearny, Bldg. 10, South Kearny, NJ 07032-0650. **Sampler fabric,** off-white, "Belfast Linen"—Zweigart Fabrics and Canvas, 2 Riverview Dr., Somerset, NJ 08873-1139.

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Page 177 *(left):* plate, "Monroe"—Lenox China and Crystal; call 800/635-3669 for dealer nearest you.
Page 178 *(left):* bowl—Wolfman, Gold & Good Co., 1165 Greene St., New York, NY 10012.

Architects & Designers

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Pages 103–106: Sunflower and Crow Whirligig, Hollyhock and Picket Fence Fire Screen, Birds of a Feather Cross-Stitch, Bird in the Hand and Two in the Bush Pillows—Jim Williams.
Page 104: Embroidered Bluebird Pillow—Susan Carson.

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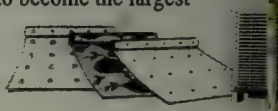
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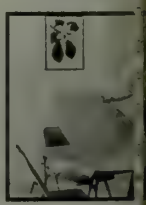
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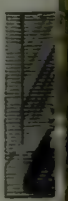
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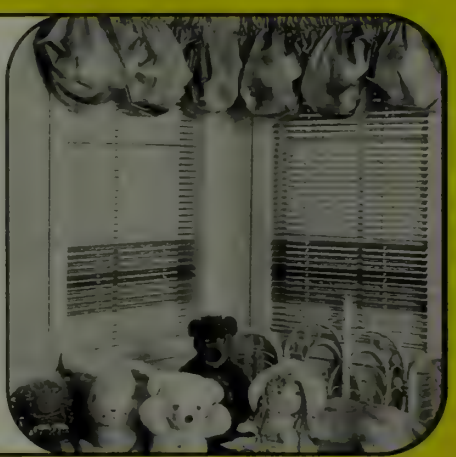
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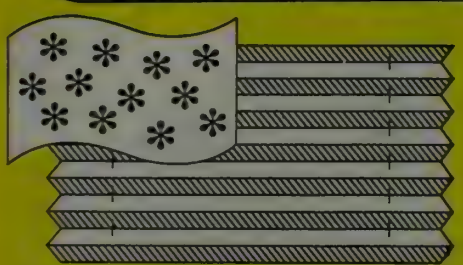
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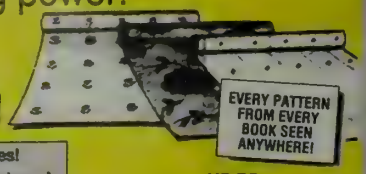
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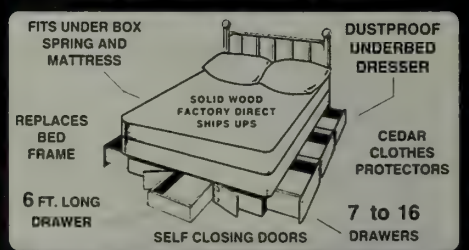
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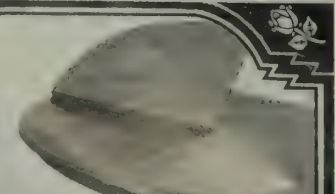
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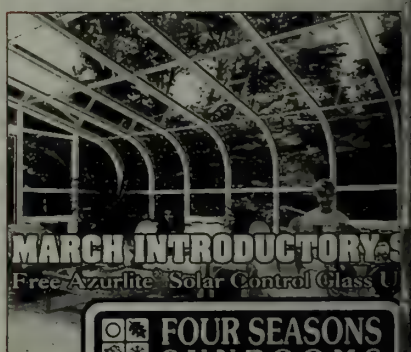
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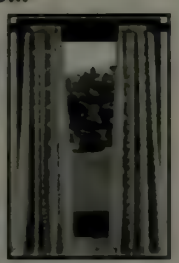


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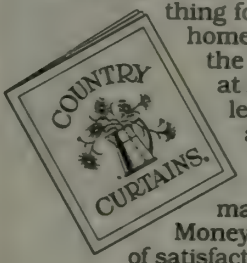
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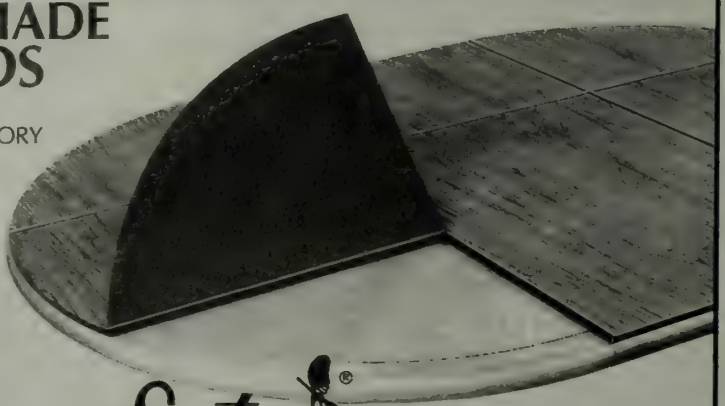
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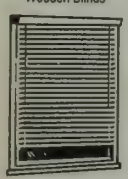
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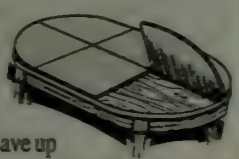
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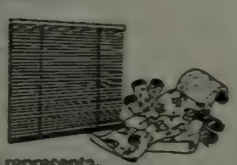
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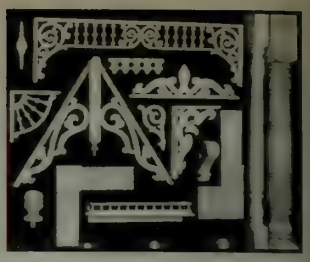
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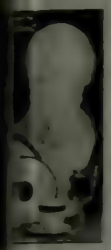
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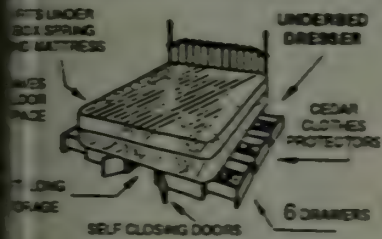


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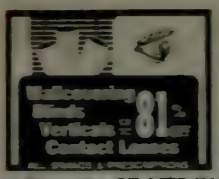
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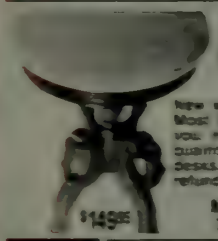
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Grandma Hillis always said that fashions rise and fall. I just realized that she was talking about the winter hats and scarves that rise to the top closet shelf in March, then fall down each time you open the closet door.

The trouble with most executive types, says Dr. Bob Hannelly, is that the only exercise they get is throwing their weight around.

When Rosemary told me she planned to spend spring break at home, I allowed that maybe she missed us. "No," she admitted, "I'm just spring broke."

Newspaper editor Earl Reeves laments that the only employees who truly understand the new computers in the newsroom are the paper's teenage carriers.

Ned Carter, at home with the flu, has given up on the daytime talk shows. "I'm sick of all that yelling and screaming," he says, adding "especially by me at the screen."



"I'm looking for something my teenage son wouldn't be caught dead driving."



"I'll pretend I didn't hear that."

Christine likes to deliver a bouquet of flowers to folks who buy a house from her, but always includes a packet of flower seeds as well. "It's never too early to plant the seeds of future business," she explains.

Personality, says the Rev. George Hall, is how the world sees you; character is how you see the world.

Uncle Dodd Buckner wonders about claims of "new and improved." "If it's truly new, then how can it be improved? And if it's improved, how can it be new?" Then again, Uncle Dodd drives a 14-year-old car.

Aunt Opal is not amused by those automated phone answering systems. "I wish they'd tell me which button to push to tell those machines where to go!" she huffs.

Bill Minchin says that air bags in cars are nothing new, explaining, "I've been driving in a carpool for years with a windbag."

~The average American basement can take only a few years' worth of cardboard box accumulation before it starts to burst at the seams. So last Saturday, I reluctantly accepted the challenge of de-boxing the joint.

First to go: the box for the answering machine, which Chris bought shortly after she started selling real estate. That machine practically saved our marriage by allowing us to have at least a 20-minute dinner without interruption.

Next went the VCR box. Chris and I have had a lot of fun watching Bogart movies over the years.

Then went the boom box box. I had forgotten how nice it is to read peacefully in the living room while the kids play their tapes upstairs.

Yep, all the stuff we moderns accumulate can make for a crowded existence. But it has also added a few notes of pleasure. I guess that's worth spending the occasional Saturday cleaning out the basement.

Burton Hillis

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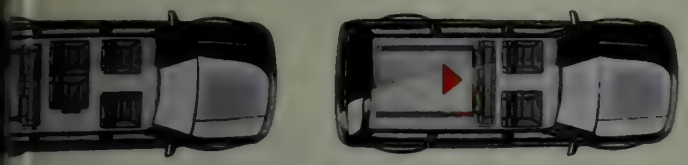
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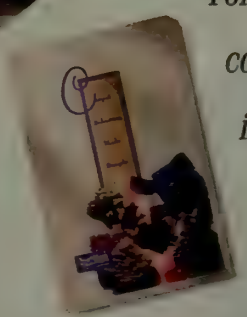


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between friends



PERRY STRUSE

The first time I realized I was a softy was years ago at a Mother-Daughter banquet in my family's little country church. My mother and I, as two writers, had been asked by the women of the congregation to deliver tributes—Mom's dedicated to daughters, mine to mothers. Mom made it through her presentation just fine. I didn't. When it came time for me to read my from-the-heart message about mothers and families and love, I became a sniffling, choked up mess.

To this day—a time when I speak to hundreds of people about magazines, homes, and decorating—I couldn't tell you of the love I feel for my mother or my daughter without getting misty-eyed. The feeling is too strong. Or I'm too weak. Or both.

To me, the relationship between a parent and child is the most precious gift any of us has been given. It's a gift to be nurtured and protected. That's why I'd like to tell you how you can express your family love and help other parents and children at the same time.

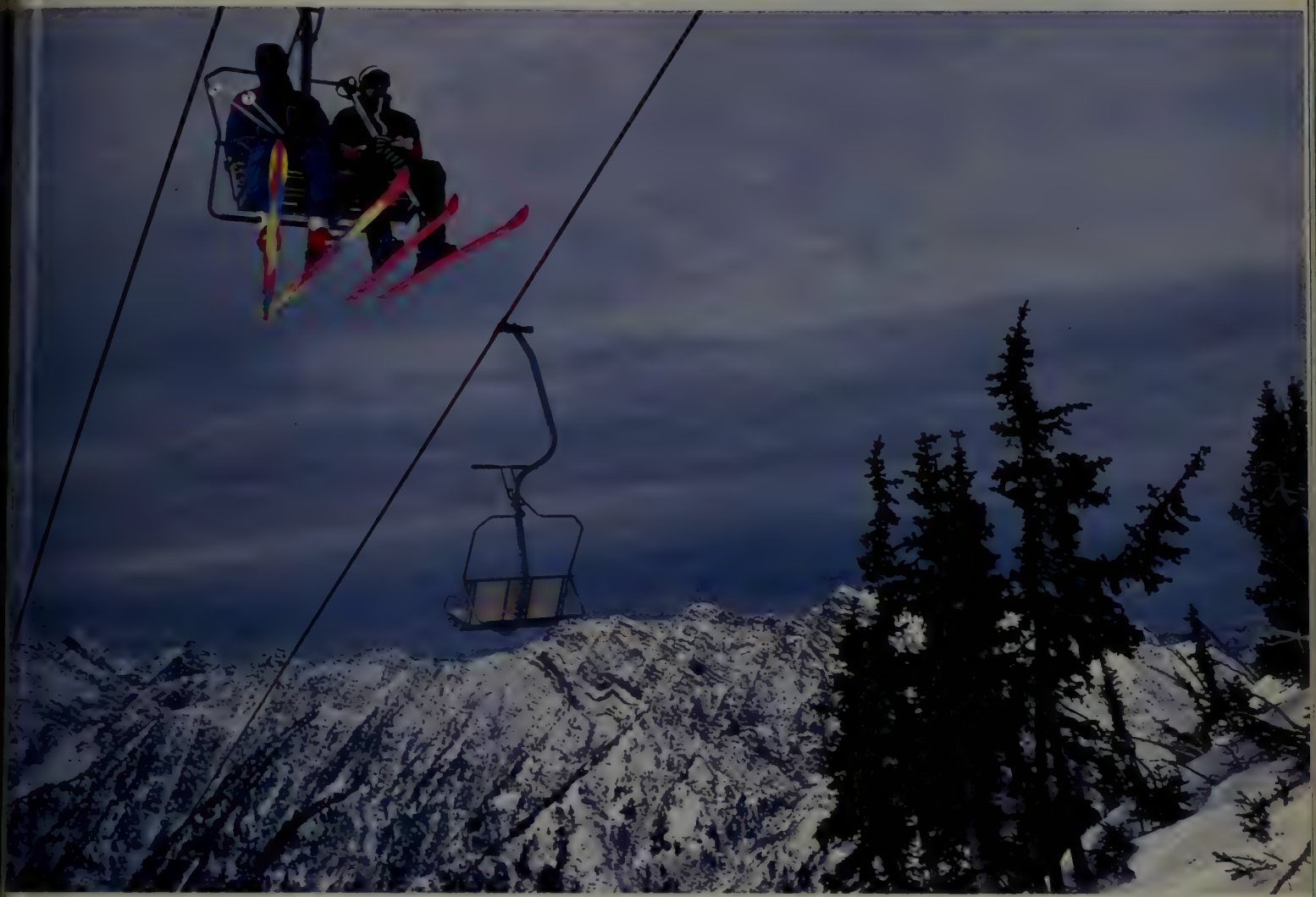
On *pages 74* and *75*, you'll find two special Mother's Day gifts—the Small Miracle rose from Jackson & Perkins and a lovely Lane chest. When you order either, you're giving a gift of love that will help homeless families through The Better Homes™ Fund. It's a beautiful way to show you care.

A mother without a home has her children's love, certainly, but she needs our love too.

Jean LemMon

Jean LemMon, *Editor in Chief*

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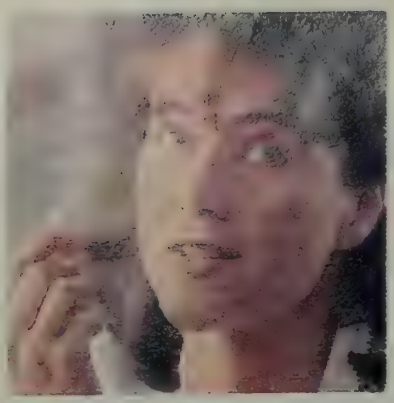
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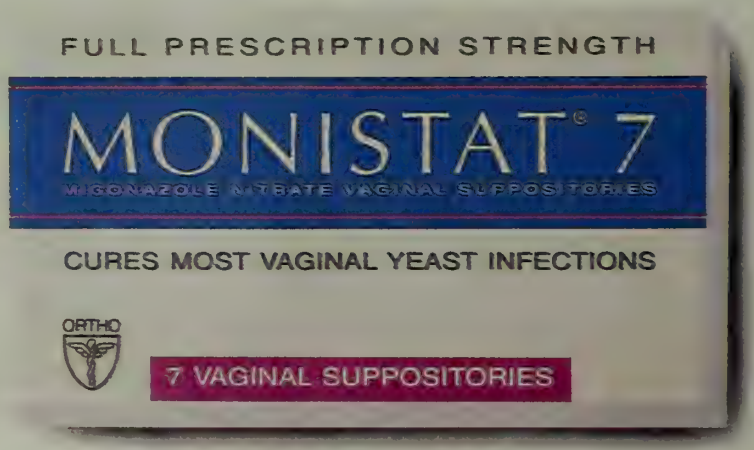




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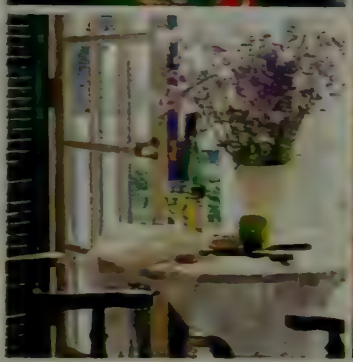
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Cover Photograph: Ed Goblich; Garden Design: Pat Welsh

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $17 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. **Subscription prices:** One year $17 in the United States and its possessions. Canada, add $12 per year. Other countries, add $12 per year. Trademark registered in Canada and Australia. Marca registrada en México. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. BOX 4536, DES MOINES, IA 50336-4536. April 1994. VOL. 72, NO. 4
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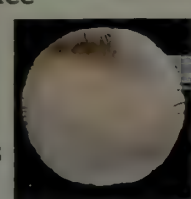


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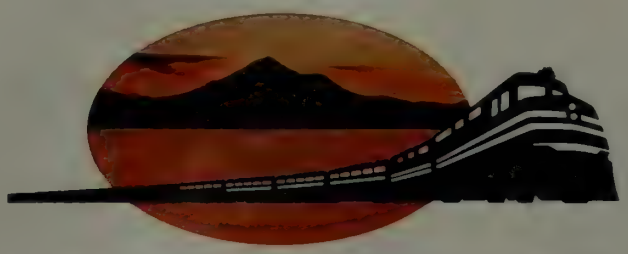
that train ride
your parents took

you on? ♦ And how
you felt when the
conductor called "All

Abooooooooard!" and this
enormous THING came to life,
and houses began to whir by,
and suddenly, the world was full of

wonder? ♦ You remember the whistle
telling the world you were coming. And
if you took a long ride, you remember
the sink folding out of the wall, and how
you ACTUALLY ATE DINNER ON A TRAIN.

♦ Now, here is the wonderful part. ♦ Your child is no different than you were then. ♦ The train is still magical. It is still as big as a birthday; as exciting as Christmas morning. ♦ We don't know why, exactly. But it's true. ♦ Take your child for a two-hour trip. Or a trip across this country. It is a trip a little person will never, never forget. ♦ And for some wonderful reason none of us can really understand, neither will you.



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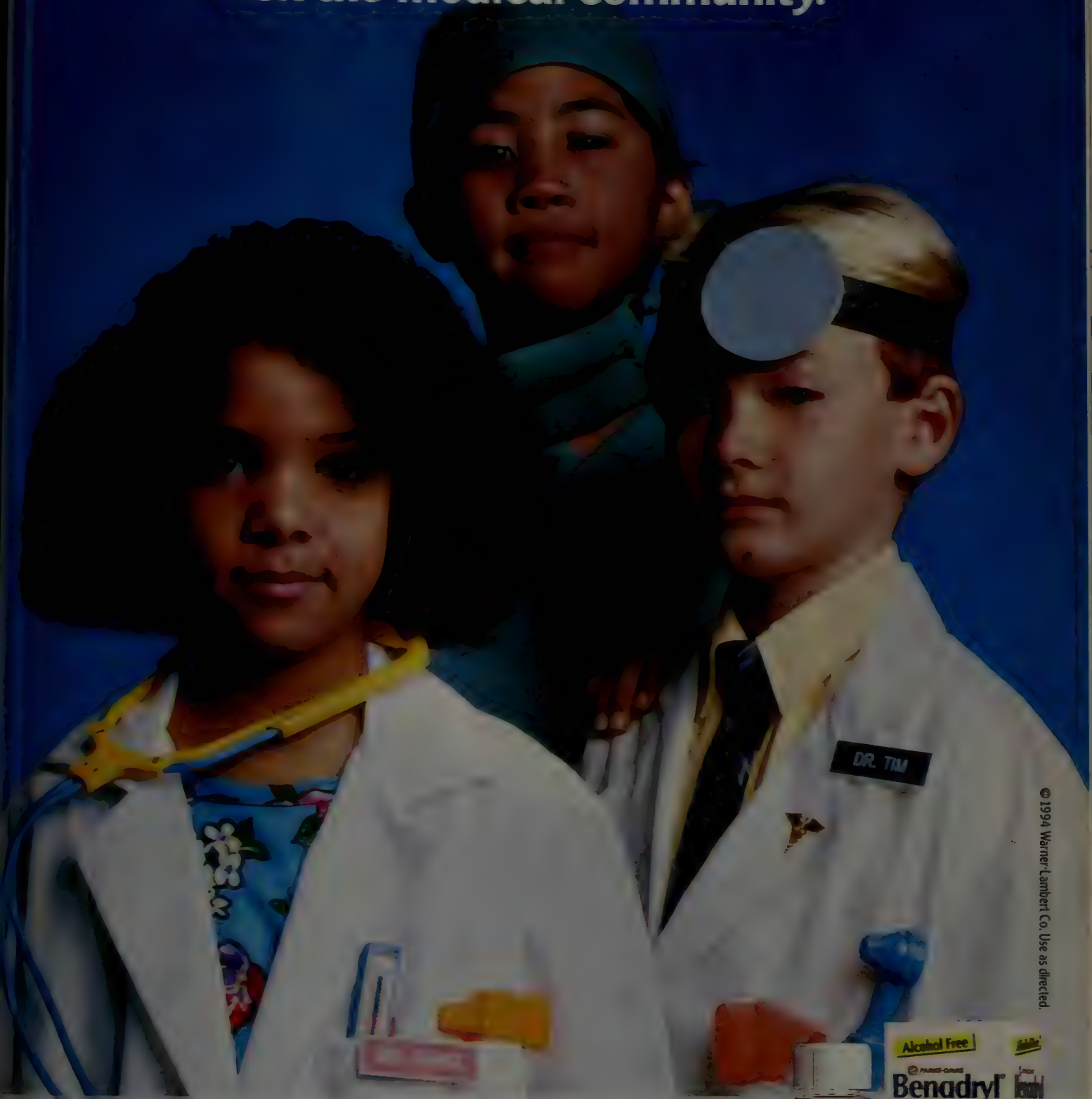
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PROTECTING YOUR HOME

To help protect our home while we are gone, we leave the baby monitor at our neighbors' house with the base unit turned on in our home. If the security or fire alarm were to go off, the neighbors would hear it and could call 911.

Pam Dean
Arlington, Texas

WHO IS A STRANGER?

When teaching children about strangers: Collect pictures of a variety of people. Strangers should be mixed in with people your child knows. Use photos of relatives, close friends, and neighbors as well as pictures of men and women from newspapers, magazines, or other sources. Go through the pictures one by one. If the child cannot name the person, explain that he or she is a stranger, no matter how attractive or friendly looking.

Dr. Grace D. Napier
Greeley, Colo.

CURFEW ALARM

My solution to problems with teenagers breaking curfew was to set an alarm clock in the bathroom; if it was not shut off before curfew, I was awakened and could take action.

Mary M. Thompson
Reynoldsburg, Ohio

LEAVE PHONE MESSAGES TO YOURSELF

Many times during the day a work, I think of something I nee or an appointment I want t remember, so I call my answerin machine and leave a message. Whe I get home, I play it back and writ down the messages.

Helen Kindle
Petoskey, Mich

LIBRARY FRIENDLY

With two preschoolers in th house, library book cards are easil misplaced or mangled. So th moment I return home from th library, I remove all the cards fro the pockets and place them out o reach. Then I write a reminder or my calendar one or two days before the books are due. Before returning the books, I replace the book cards which allows me to ensure that I have all the books I borrowed.

Soraya Dosaj
Van Nuys, Calif.

PREPARING FOR BABY

To prepare our 3-year-old for the arrival of his baby sister, we showed him the videos we had taken of him when he was a newborn. The videos showed him what a newborn really was like (as opposed to the playmate our well-meaning friends had led him to expect), and he loved seeing himself as a baby. We had some wonderful family nights reminiscing, and he made the transition to big brother beautifully.

Cathy Hellier
Williamsburg, Va.

WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of Better Homes and Gardens®. We will pay $50 for each idea published.



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by Diane Bair & Pamela Wright



Summer Vacation Strategies

1 GO WHERE THE CROWDS AREN'T

2 DISCOVER THE GREAT OUTDOORS

3 FIND GREAT DEALS ON LODGINGS

Planning your summer vacation is as easy as one, two, three. For a new and different experience, try our trio of strategies: One, avoid crowds by enjoying the attractions of a smaller city. Two, savor the outdoors while you embark on a wildlife safari, go mountain biking, or join a wagon train. And, three, use our tips to save money on your accommodations—whether a plush hotel or a cheapie campground.

BOB FOOL/TOM STACK & ASSOCIATES

Strategies

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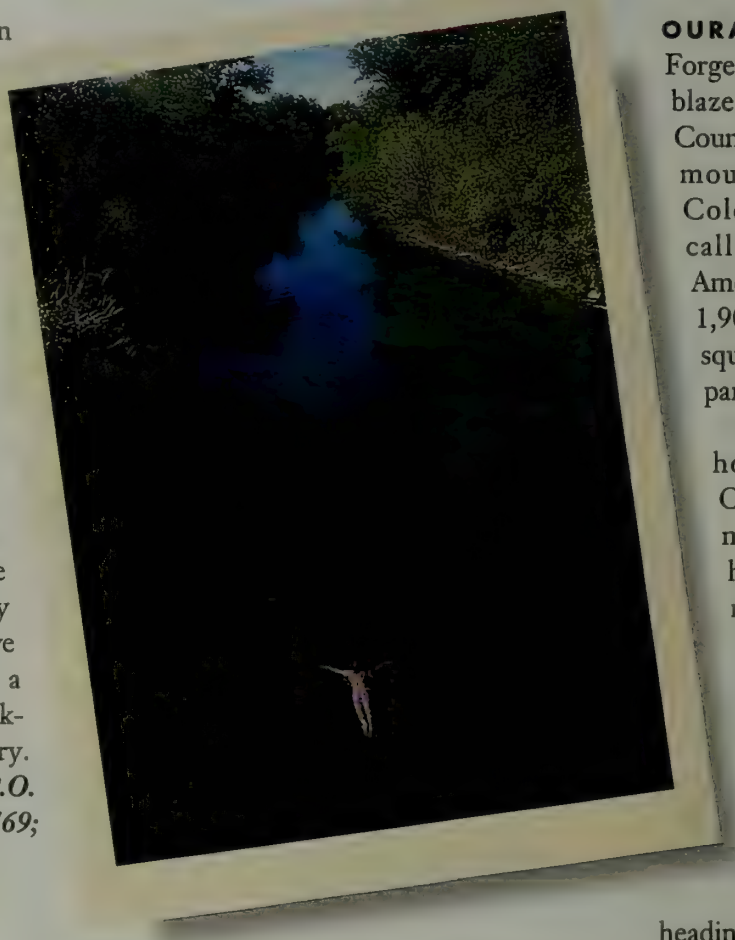
1 Go where the crowds aren't

Traffic jams, crowded attractions, and lines at restaurants. For this you left home? This summer, go the relaxing route and venture off the beaten path.

AUSTIN, TEXAS

Even if you dig the blues but your spouse can't get enough country, you can both boogie 'til you drop in Austin, a music lover's mecca. Austin blends small town charm and sophistication with a medley of musical styles. Rock around the clock with bands performing country, reggae, jazz, swing, rock, and the blues. Clubs, shops, restaurants, and art galleries fill the Victorian and stone buildings on funky Sixth Street. Formerly Old Pecan Street, it's part of a Registered Historic District.

Take a riverboat cruise on Town Lake under city bridges and past limestone cliffs. Twenty miles west of Austin, swim under the 60-foot waterfall in grotto-like Hamilton Pool. For a touristy-but-fun side trip, head to nearby San Marcos. There, at Aquarena Springs, you can view an underwater show from your seat in a submarine theater. Wonder World features cave tours, a wildlife park, and an antigravity house. Or, take a scenic drive along Devil's Backbone, a razor-backed ridge overlooking the Texas Hill Country. ***Austin CVB, Dept. BHG, P.O. Box 1088, Austin, TX 78769; 800/888-8287.***



CHATTANOOGA, TENNESSEE

For 62 years, folks lured by ads on barn roofs flocked to Chattanooga's Lookout Mountain to see Rock City. Although 1965's Beautification Act stopped this form of advertising, you can still spot signs on 85 barns and still see Rock City's natural rock formations, gardens, and seven-state view from Lover's Leap.

To get to the top of Lookout Mountain, climb aboard one of the Incline Railway's glass-domed cars. Operating since 1895, the trolley-style vehicles propel you up a stomach-churning 72.7-degree grade.

Gigantic Tennessee Aquarium serves as Chattanooga's showpiece. A celebration of river life, it lets you look eye-to-eye with a 60-pound catfish; stand on the banks of the world's great rivers; and watch alligators, water moccasins, and deadly piranha. Walnut Street pedestrian bridge links the aquarium with other local attractions. For wildlife tours, board the *Chattanooga Star* riverboat. The Hunter Museum of Art features an impressive American art collection, and Warehouse Row houses numerous designer outlet shops.

For more information: ***Chattanooga Area CVB, 1001 Market St., Dept. BHG, Chattanooga, TN 37402; 800/322-3344.***

OURAY, COLORADO

Forget Yellowstone's crowds and blaze your own trails in Ouray County. Nestled in the San Juan mountains of southwest Colorado, this area is often called the Switzerland of America. With a population of 1,900 people spread over 540 square miles, it's easy to find parking spaces.

Well-preserved Victorian homes line the streets of Ouray, once a great Colorado mining camp. Plan to visit the historic Western Hotel at mealtime for its specialties of fresh game and trout. Ouray's lodgings include campgrounds, guest ranches, bed-and-breakfast inns, and historical hotels.

Before exploring the area's mountain trails or heading out on a nature walk, pick up a copy of *Hiking Trails of Ouray County*. Believe the book when it calls a trail difficult. To really do Ouray County, try trekking by four-wheel drive. This allows you to tour desolate ghost towns, abandoned mines, and mountain peaks—to the extent that your driving skills and courage allow. For breathtaking views of wildflower-bedecked Alpine meadows, take Camp Bird Road to Yankee Boy Basin. Or, go on a guided four-wheel-drive tour. If time permits, do the San Juan Skyway, a 232-mile scenic loop tour through Ouray, Silverton, and Telluride.

Ouray Chamber Resort Assoc., Dept. BHG, P.O. Box 145, Ouray, CO 81427; 800/228-1876.

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It Looks Different Because It Is Different.

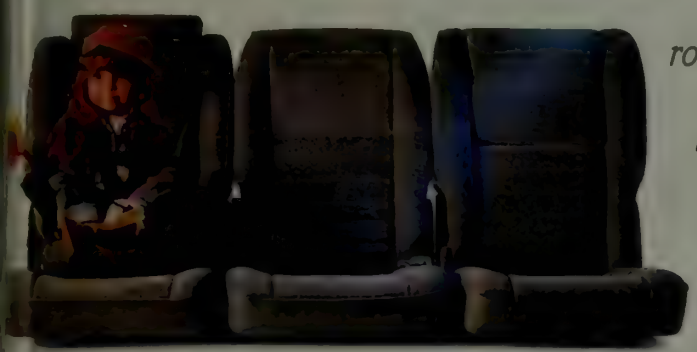
he 1994 Lumina Minivan *You've seen it on the road. And even with its redesigned front end, it's still retty distinctive. But remember, behind our advanced design is advanced technology and engineering.*



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Strategies

continued from page 22

2 Discover the great outdoors

For many Americans, getting away from it all means heading outdoors. Anyone can experience thrilling back-to-nature escapes—without roughing it.

WILDLIFE VIEWING

Have you ever watched wild horses play or a bald eagle feed her young? You don't have to travel halfway around the world to experience a thrilling animal-viewing safari. Many large gatherings of wild animals exist right here in North America.

The Great Plains Wildlife Institute in Jackson Hole, Wyoming, offers wildlife safaris ranging from one-day excursions to weeklong expeditions. On summer trips to Yellowstone National Park, Grand Teton National Park, and the Beartooth Mountain plateau, you can expect to see about 60 species of wildlife. Each day features a different locale and wildlife. You might float on a river raft to see bald eagles and osprey and view the nearly-hidden gathering spots of buffalo, bighorn sheep, bears, swans, and coyotes. *307/733-2623.*



The U.S. Fish & Wildlife Service, along with other conservation agencies, provides watchable wildlife opportunities and educational programs throughout the nation, including state wildlife viewing guides and interpretive activities at many of the country's national wildlife refuges. To learn more, request "National Wildlife Refuges—A Visitor's Guide" from *U.S. Fish & Wildlife Service, Publications Unit, Dept. BHG, 4401 N. Fairfax Dr., Rm. 130, Webb Bldg., Arlington, VA 22203.*

MOUNTAIN BIKING

Mountain biking is hot, and this summer you'll have a host of opportunities to suit just about any age, interest, or experience level. According to a recent Bicycle Institute of America survey, the number of mountain bikers has soared from 200,000 in 1983 to a projected 25 million by the end of 1994. Today's bikes are more comfortable and user-friendly than older models. Pedaling back roads through small towns and the picturesque countryside lets you escape urban frenzy, busy highways, and crowded tourist attractions.

Vermont Bicycle Touring in Bristol, Vermont, conducts first-class tours, ranging from two to 17 days, throughout New England, Pennsylvania, Virginia, and overseas. You'll stay at cozy country inns and feast on gourmet cuisine after pedaling peaceful roads leading to waterfalls, charming villages, covered bridges, and splendid views. Bring your own bike or rent from them. *802/453-4811.*

For mountain biking adventures close to home, check out the major ski resorts in your area. Chairlifts will carry you and your bike to the top of the mountain, where you'll find downhill biking adventures on trails for all abilities. Throughout the summer and fall, key ski areas across the country offer a variety of tour packages including Vail (*303/476-5601*), Steamboat Springs (*303/879-0740*), and Winter Park (*303/726-5514*) in Colorado; Mammoth Mountain, California (*619/934-2571*); Park City, Utah (*801/649-8111*); Sunday River, Maine (*207/824-3000*); and Mount Snow (*802/464-7788*) and Killington (*802/422-3333*) in Vermont.

WAGON TRAINS

Whoa, dogie. If the romance of the pioneering days tugs at your soul—and you don't mind roughing it a bit—hop aboard a wagon train. The Flint Hills Overland Wagon Trips in El Dorado, Kansas, offers weekend trips across the tallgrass prairie. Your family can travel in pioneer-styled wagons pulled by Belgian draft horses, dine on stick-to-your-ribs chuck-wagon cuisine, and sleep under the stars. Noncampers can enjoy the Flint Hills trip as a one-day excursion. Your reward, either way: views of the undisturbed prairie wilderness. *316/321-6300.*

With Wagons West in Afton, Wyoming, travel via covered wagon in the shadows of the spectacular Teton Mountain Range. Along the way, you'll hike on nearby trails, fish in mountain streams, and take guided horseback trips. As the sun sets, the group gathers around the campfire to listen to cowboy poetry and western tunes. For more information, call *800/447-4711.*

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Strategies

continued from page 24

Find great deals on lodgings

Smart travelers always look for bargains, and this summer the deals couldn't be sweeter. Here's how to get the most bang for your travel buck.

SAVE ON MOTELS AND HOTELS

Thanks to overexpansion in the '80s and a decline in business travel, hoteliers hunger for your business. Many offer great perks to attract you. Look for hotel packages that include extras, such as tickets to local attractions, shopping discounts, breakfasts, and other value-added enticements. Some are for specific locations while others are available at all properties in the hotel chain.



Family-friendly summer promotions include Howard Johnson's Kids Go HoJo with Sega, offering Sega's Game Gear video game systems and game library for guests to use free. Holiday Inn Worldwide's Kids Stay Free/Eat Free lets youngsters aged 19 and under stay free in their parents' room. Those 12 and under eat free when dining with their parents.

Holiday Inn also launched SunSpree Resorts with a comprehensive kids' program at moderate prices. Supervised activities include arts and crafts, nature projects, and outdoor play. Specific programs vary depending upon season and location, but the cost is generally $5 to $15 per child. For example, a room at the SunSpree Resort in Lake Placid, New York, runs $100 to $109 on weekends; add the half-day children's program for $5. Other SunSpree Resorts are in Lake Buena Vista, Florida; Bar Harbor, Maine; and Nice, France.

Staying in an all-suite hotel provides more space than a regular motel room and can save you money on meals. Chains include Embassy Suites, Guest Quarters, and Marriott Residence Inn. Rates at Residence Inn average $90–$145 per night, including breakfast.

Five Ways to Cut Room Rates

1) Book at least three weeks in advance; rates are often 40 to 50 percent lower.

2) Book directly with the hotel. Central reservation services may not know about special deals.

3) Negotiate your rate. Saying, "Gee, that's more than I was planning to pay..." might get you a better price. This works better on the phone than i person; you lose your bargaining pos tion if you look desperate.

4) Stay out of the city. City hotels dra people all year, and are often expensive.

5) Seek discounts. Ask for a corporate rat senior citizen discount; frequent-flyer discoun weekend rate (you have to ask); or a group dis count, offered to members of clubs, association sports teams, and so on.

SLEEP ON-THE-CHEAP, OUTDOORS

You can find privately-owned campgrounds near popula vacation destinations. Many campgrounds offer amenitie aplenty, from convenience stores and showers to hot tub and swimming pools. Borrow equipmen from friends for you first outing, rather tha investing in it.

To find campgrounds check Woodall's Camp ground Directory at store and libraries, or: ***Woodal Publishing, 100 Corporat N, Suite 100, Dept. BHG Bannockburn, IL 60015.***

Kampgrounds of Americ (KOA), located near many popular vacation destinations offers rates of about $20–$2 per night for a family of four Many KOA campgrounds have cabins. ***KOA Directory, Dept. BHG, P.O. Box 30162, Billings, MT 59107.*** ($3 postage and handling. Available free at KOA campgrounds.)

National Forests. The U.S. Forest Service maintains more than 6,000 developed campgrounds in the national forests. Contact forests individually, or: ***Forest Service, Dept. of Agriculture, Office of Information, Box 96090, Washington, DC 20090-6090; 800/280-CAMP.***

U.S. Army Corps of Engineers projects. The Corps oversees more than 50,000 campsites near oceans, lakes, and rivers. For a list of district offices: ***Dept. of the Army, U.S.A.C.E., Publications Dept., 2803 52nd Ave., Dept. BHG, Hyattsville, MD 20781.***

Bureau of Land Management Recreation Sites. Choose from 300 million acres of scenic land in the Western U.S., including Alaska. Fees, where charged, are $1–$3 per night. ***BLM, Public Affairs Office, 1800 C St. NW, Dept. BHG, Washington, DC 20240.***

For more travel information about your area, see the section starting after *page 204.*



Kids!

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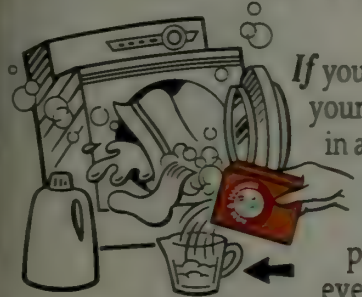
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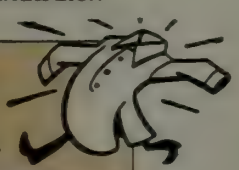
If you do loads of laundry and think your liquid detergent is the latest in advanced cleaning, ***listen up***: That little yellow box you keep in the fridge has the power to turn your detergent every which way but loose.

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by John Rosemond

Successful Discipline



"What should I do when my son won't eat what I prepare?" asks Bobby's mother.

"How should I handle it when my daughter argues with me?" asks Alicia's father.

Like Bobby's mom and Alicia's dad, most parents believe that technique is the key to successful discipline. They think that just as there's one drug for combating the flu and another for healing a skin rash, there are different methods for dealing with different behavior problems. They would be surprised to learn that self-confidence, not method, is the essence of successful discipline.

In effect, self-confident parents say to their children, "You will do as I say not because I promise you a new toy, or put stars on charts, or threaten you with a spanking. You will do as I say because I say so."

Unfortunately, there is great misunderstanding about those four old-fashioned words. Many people consider them repressive, even potentially damaging. But self-confident parents don't prevent their children from expressing opinions. Nor do they forbid disagreement. They realize that children will not agree with many of their decisions. They're willing to talk—but not argue—about their rules and expectations. When all is said and done, however, one thing remains clear: Parents make the final decisions and children are to do as they're told.

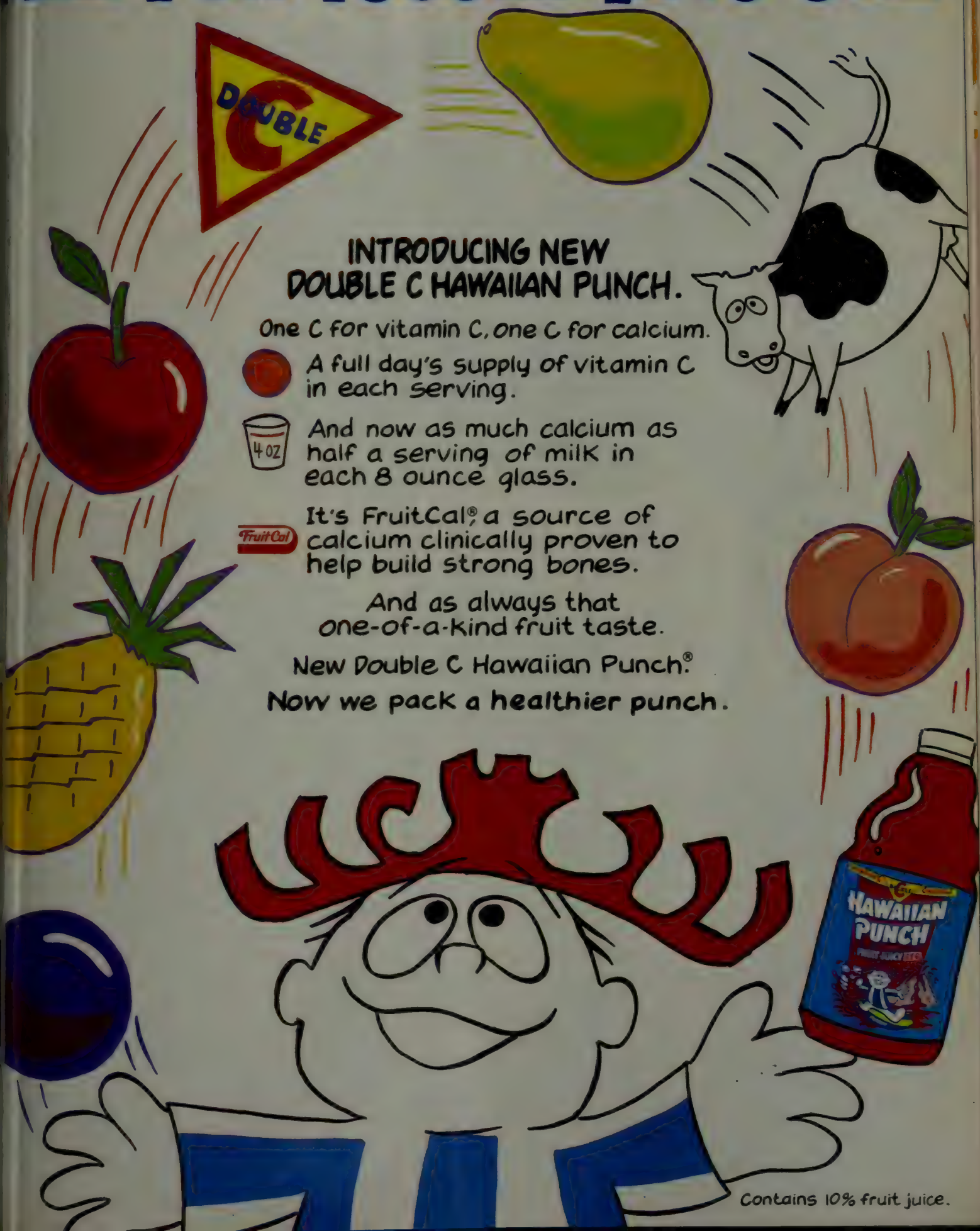
When parents fail to establish this understanding, discipline problems are inevitable. No technique will work in the hands of a parent who lacks self-confidence. In this case, a new technique might send a misbehaving child into "retreat" for a while, but sooner or later the child will see that, while the method may have changed, the parent has not. At this point, the method will stop working. When you act with confidence, you will only have to use specific disciplinary methods occasionally. More often than not, a word or two, or even a certain look, is sufficient to resolve the problem at hand. Furthermore, when you feel the need for more than words, just about any method will work.

NO DISCIPLINE TECHNIQUE WILL WORK IN THE HANDS OF A PARENT WHO LACKS SELF-CONFIDENCE.

Self-confident parents display the following traits:

- **They communicate their rules clearly.** They don't "beat around the bush" when it comes to what they expect. They don't plead, bribe, or threaten. They simply, and straightforwardly, tell their children what they can do, can't do, and must do.
- **They plan ahead.** They don't wait for problems to develop before doing something about them. For example, if 4-year-old Julie's mother knows that Julie is likely to throw a tantrum in a store, she decides beforehand that when the tantrum occurs, she's going to take Julie out to the car and wait with her until the tantrum is over. Now, when Julie throws a tantrum, the child sees that her mother isn't pitched off balance. Because her mother demonstrates control, Julie is better able to bring her tantrum under control.
- **They follow through consistently.** Danielle's parents tell her that whenever she fails to get ready for school on time, she won't be allowed to play outside or watch television after school, and she will have to go to bed one hour early. Even though she has only one successful morning the first week, her parents persist. It took nearly two weeks for Danielle to convince herself that her parents meant business, but from that point on, she has succeeded at getting ready on time.

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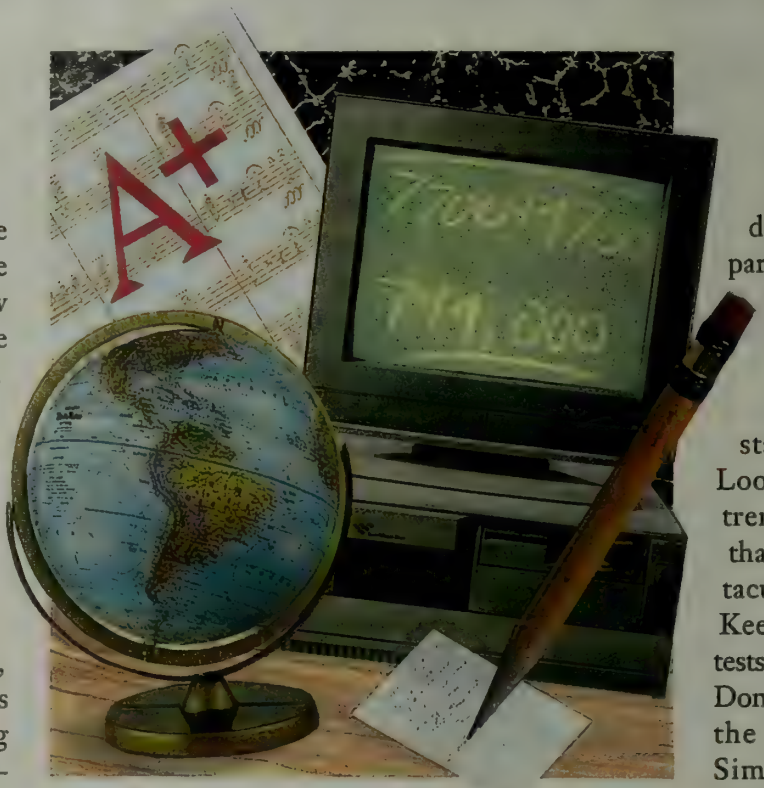
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Choosing the Best School



Many parents, because of a family move or because their state laws now allow them to, are able to choose a school for their children. If you're trying to select the best place for your kids, or if you just want to give your neighborhood school a checkup, our good-school guidelines can help.

Keep in mind, though, that no school system is perfect, and that choosing an education isn't like buying a minivan. Our guidelines can enlighten your choice, but aren't a substitute for your own judgment and instincts. Chances are, your neighborhood school is the best option for your family. Convenience must weigh into your decision. Another consideration: Will your child be uncomfortable attending one school when all the kids in the neighborhood go to another?

Be a visitor. Visit any school that you're considering for your child. Several days beforehand, set up a meeting with the principal. If you can't get an appointment, something may be amiss. Education experts agree that one of the essential components of a quality education is parent-school communication.

That first visit can tell you a lot, says Kathryn Whitfill, president of the National PTA. "It's easy to get a feel for the school," she says. "Do you feel welcome?" When Whitfill visits a school, she checks bulletin boards for signs of parent participation, special school programs, or other things that indicate parents have a say.

Once you've checked out the atmosphere, get down to academics. "Ask what new programs or ideas have been recently implemented," suggests John Lammel, Ed.D., director of high school services for the National Association of Secondary School Principals. "You want to know the school is doing something to keep up with the changes in education thinking. Find out how decisions are made. Are parents involved in curriculum or management?"

Look at the big picture. Ask to see the last five years' worth of standardized test results. Look for steady or positive trends in test scores rather than focusing on one spectacular (or miserable) year. Keep in mind, though, that tests tell only part of the story. Don't reject a school solely on the basis of test scores. Similarly, the amount of money a school system spends per pupil will tell you which are rich communities and which are poor, but not necessarily which school is best.

CHOOSING AN EDUCATION ISN'T LIKE BUYING A MINIVAN.

A good school will have a well-defined discipline policy. It should be spelled out in the school's handbook and understood by students, parents, and teachers. Discipline should be handled fairly and consistently, says Lammel.

Also take a look at the school's homework policy. Most educators agree that homework should be an extension of or practice for something already learned in school, directly related to the subject matter.

Look for signs of the times. Make sure textbooks and materials are current. Do the maps and globes reflect recent changes in the world? How about computers? Are they really integrated into the curriculum, or gathering dust in a corner because there's no time or money to train staff to use them? What do the kids do with the computers at various grade levels? If all you hear is "they learn programming," the school isn't integrating them into curriculum. By grade 6 or so, kids should be learning keyboarding skills so they don't have to hunt-and-peck until high school.

Not all learning takes place in the classroom. Your child can shine by taking part in athletics, fine arts, math

continued on page 36


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Duncan Hines Chocolate Lovers' Brownie Mix

Best Schools

continued from page 34

teams, newspaper, music, or student government, for example, so make sure plenty of activities are available.

Does your child have a special interest in a specific subject area, such as math or art? If so, look for signs of forward thinking in these areas. Here's what good schools are doing to boost performance in some specific disciplines:

Science: Seek out classrooms that are noisy and active—that's where students are experiencing science rather than just absorbing it from a lecture and text.

Mathematics: Look for elementary classrooms filled with things that children can count, sort, divide, and add. On the secondary level, math classes should teach kids how to use calculators and computers to dig into complex problems.

English/reading: Good programs respect the knowledge that students bring to the material. "No longer are teachers assigning books and saying, 'This is what it means,' " says Karen Smith, associate executive director of the National Council of Teachers of English.

HOW ONE SCHOOL IS MAKING THE GRADE



Biology teacher Kevin Stanford works with his students on a frog dissection.

Officials at L.D. Bell High School in the Dallas suburb of Hurst, Texas, decided several years ago that technology was here to stay. So, they took the school's most accomplished computer teacher, trained her, and let her teach other teachers.

The result: Computers influence almost all of the school's curriculum. "We teach math, writing, geometry, and physics on computers," says E. Don Brown, principal of this school. "Kids even do biology dissection on computer. We just made a commitment to computer technology."

The school has adopted several other new techniques in the last several years. Every student in the district learns algebra as part of the math curriculum, erasing a practice that for years closed slower students out of more advanced courses. (Students may progress at different rates, but they all learn the same material.) In English classes, teachers are using the "New Jersey Writing Concept," which inspires students to write creatively with encouragement and support rather than criticism.

Students' work is also being judged in new ways. In some classes, traditional tests and exams have given way to projects and portfolios, which teachers assess based on agreed-upon criteria. To ensure that students have ample opportunity to learn their lessons, one teacher in every main subject is available to assist students from 3 to 5 p.m. Monday through Thursday.

In an attempt to keep kids in touch with an adult who really knows them, every professional staff member is matched with 15 students with whom they meet twice each month to discuss academic and social problems.

Brown says he's proud of the parent and community volunteers who assist in every department and by showing tour groups through the school.

"We think we have a lot of parent involvement," he says. "It's the only way we can survive."

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Magic Foods?

by Marilyn Carnell, Ph.D., R.D.



IT'S NO ILLUSION– CARROTS (AND OTHER FOODS) MAY PREVENT CANCER.

Abracadabra, hocus-pocus. Are there magic foods, such as carrots, that prevent cancer? Although we don't know the answer yet, some foods are being studied for their possible cancer-fighting potential. Carrots, garlic, ginger, low-fat milk, and strawberries are some of the foods that appear on the eclectic list of foods undergoing research through the National Cancer Institute (NCI). However, until more is known, NCI says the best dietary way to reduce your risk of cancer is to eat a low-fat, high-fiber diet with plenty of fruits, vegetables, and grains.

THE RIGHT DIET

Presently, one out of every five deaths in the United States is related to cancer, so the discovery of a magic food would certainly be welcome news. Right now, experts at NCI believe the cancer death rate can be slashed in half by the year 2000 if we change our diets, cut our smoking in half, and step up our health screening and treatment programs.

Many factors contribute to the development of cancer, and diet is only one of those factors. That means no one diet or food can ensure your immunity. But there are some changes you can make in your eating habits that can cut your risk significantly:

Shun fat. Although you need a small amount of fat in your diet to supply essential fatty acids, diets high in fat have been linked to certain cancers, particularly those of the breast, uterus, colon, and prostate. Americans typically consume high-fat diets; on average, nearly 37 percent of calories come from fat. A reduction in overall fat consumption to less than 30 percent of calories is recommended, but even a modest reduction is a positive step. The good news is that cutting fat doesn't mean you have to sacrifice flavor.

Boost fiber. NCI warns that diets low in fiber have been linked to cancer of the colon and rectum. What's cause for alarm is that most adult Americans eat only half of the recommended 20 to 30 grams of fiber each day. To consume more fiber, choose fiber-rich foods, such as fruits, vegetables, and whole grains, rather than fiber supplements. While eating more fiber is recommended for most Americans, eating too much fiber can cause digestive problems. Experts recommend consuming no more than 36 grams of dietary fiber a day.

Aim for antioxidants. Brightly colored fruits, vegetables, and other foods contain antioxidants, such as vitamins A, C, and E. These antioxidants help protect your cells from damage. (Think of the damage as being similar to how metal rusts.) That doesn't mean you should rush out and take vitamin supplements. Dietary supplements do not duplicate the broad mix of nutrients found in food. If you eat a balanced diet, you are probably getting all the vitamins you need. If you're considering taking supplements that supply more than 100% of the RDA for any nutrient, talk to a registered dietitian or your doctor first.

Opt for variety. By choosing from a variety of foods, you can get the nutrients you need without consuming

continued on page 40



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Good Food/Good Health

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too much of any one nutrient. To adjust your diet for cancer prevention, follow the food pyramid, a new plan for balancing your diet that was issued by the United States Department of Agriculture last year. For overall good health, the pyramid suggests eating daily: 6 to 11 servings from the bread, cereal, rice, and pasta group; 3 to 5 servings from the vegetable group; 2 to 4 servings from the fruit group; and just 2 to 3 servings from the meat and milk groups. Keep in mind that eating fruits and vegetables to prevent cancer does not mean eating vegetables that are prepared with lots of fat, such as those that are deep-fried or slathered in butter or margarine. (For more information on the food pyramid, order the 30-page booklet "USDA's Food Guide Pyramid." Send a check or money order for $1.00 to Consumer Information Center, Dept. 62, Pueblo, CO 81009.)

CANCER CLAIMS ON NUTRITION LABELS

Under the new Nutrition Labeling and Education Act, the Food and Drug Administration (FDA) allows food processors to make certain claims on food labels linking specific nutrients or foods to the reduced risk of cancer and other diseases. To prevent the use of irresponsible claims, foods must meet certain requirements before a claim can be made. Regarding cancer, the FDA is allowing food labels to make statements about:

1. Fiber-containing grain products, vegetables, and fruits and the reduced risk of cancer.
2. Vitamin-rich fruits and vegetables and the reduced risk of cancer.
3. Low-fat foods and a reduced risk of cancer.

Foods that may be making these claims are vegetables, fruits, low-fat milk products, sherbets, cereals, pastas, flours, and whole-grain breads and cereals.

WHAT'S AHEAD?

The National Cancer Institute is sponsoring research of foods and food compounds that may have a relationship to cancer prevention or treatment. Under the microscope currently are garlic, onion, ginger, tea, citrus fruits, cruciferous vegetables (such as cabbage, broccoli, and cauliflower), carotenoid-containing foods (such as carrots and many others), and even licorice. To date, there is not enough evidence to warrant advising you to "take two carrots and call me in the morning" because these are long-term studies that will take years to complete. Some studies are scheduled to be published in 1994, but they will offer only clues, not specific prescriptions or doses. The best advice today is to base your diet on the food pyramid, to look for claims about cancer on food labels, and to eat a variety of foods so you're ensured of getting all of the nutrients that are good for you.

5 EASY HABITS YOU CAN LEARN

1. Choose a variety of fruits and vegetables, and eat at least five servings a day, as recommended by NCI's national 5 A Day For Better Health Program. A serving is ½ cup of cut-up fruit or vegetable.
2. Choose at least six servings a day of whole-grain bread, cereal, pasta, and brown or wild rice. A servin is a slice of bread or ½ cup of rice or pasta.
3. Choose more dried beans, peas, and lentils.
4. Choose low-fat or nonfat dairy products, milk, chee and yogurt.
5. Choose lean meats, skinned chicken, turkey, fish, an seafood. Five to 7 ounces of cooked meat a day is plen Three ounces is about the size of a deck of cards, an amount that would fit in the palm of your hand.

CALL THE CANCER HOTLINE

For more information about diet and cancer, c the National Cancer Institute's hotline number 800/4-CANCER (800/422-6237). Also through th number, you can order a free copy of "Diet, Nutritio and Cancer Prevention: The Good News."

COMING TO TERMS

Antioxidants: Compounds, such as beta carotene, vitamin C, and vitamin E that disarm or scavenge substances thought to promote cancer. Antioxidants are found in many fruits and vegetables.

Cruciferous: Vegetables of the cabbage family, such as broccoli, cauliflower, cabbage, and kale, that are thought to have a beneficial effect in fighting cancer.

Dietary fiber: A collective term that accounts for all of the indigestible parts of plant food, such as cellulose, pectin, lignin, and bran. Fiber seems to play a role in warding off certain kinds of cancer. Foods high in fiber include dried beans and peas, lentils, bran, cabbage, carrots, popcorn, figs, pears, whole-grain breads and cereals, corn, broccoli, peas, prunes, and raisins.

Beta carotene: A compound in food that plays a role in preventing the oxidation process that may cause cancer. Beta carotene belongs to a family of compounds called carotenoids, which are found in dark green or deep yellow fruits and vegetables such as apricots, broccoli, bok choy, cantaloupe, carrots, kale, mustard greens, spinach, sweet potatoes, and winter squash. Beta carotene and other carotenoids produce vitamin A in our bodies.

Vitamin C: A compound in food that prevents the oxidation process that causes carcinogenic compounds to form. It is present in broccoli, brussels sprouts, cantaloupe, cauliflower, sweet peppers, kiwi fruit, strawberries, grapefruit, orange, papaya, and turnip greens.

—Marilyn Carnell, Ph.D., R.D., operates Food and Nutrition Resources, a consulting service in Wayne, Pa., that specializes in nutrition research and writing.

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Boost Your Memory



Has this ever happened to you?

You dash to the grocery store to buy some coffee. As you walk up and down the aisles, you pile a dozen other items into your cart. Back at home, you realize you forgot the one thing you went shopping for in the first place.

Or this?

You go to the dentist, the same man who has cleaned your teeth for the past 15 years. When you enter his office, he greets you with a big smile. However, you can't initially recall whether his name is Bob or Bill.

What's going on here?

In all likelihood, you have nothing to worry about. A bit of forgetfulness is normal at any age. But by the time you reach your middle years, you've spent several decades remembering all kinds of trivia. Your mind now holds a wealth of details, so it may take a little longer to recollect a particular name or date.

Dr. Louis Caplan, M.D., neurologist-in-chief at Boston's New England Medical Center, likens the brain to a filing system. "I think the older you get, the larger the filing cabinet, and the harder it is to retrieve information." Also, he adds, busy people are especially prone to forgetfulness because they have so much to think about.

Nevertheless, many middle-aged people panic when their memory needs a gentle prod. Usually, their concerns are unfounded. "People who complain about their own forgetfulness generally don't have a serious neurological problem," says Dr. Caplan. These individuals, he says, possess the insight to know when they didn't remember something.

The older you get, the larger your mental filing cabinet, and the harder it is to retrieve information.

So don't fret if your mind draws a blank from time to time. Instead, work on improving your memory with the following advice.

1. Pay attention. This suggestion is so basic it is easy to overlook. Remembering is an active process that requires a certain amount of concentration. Forcing yourself to pay attention is crucial to retaining facts, says Stanley Berent, Ph.D., a neuropsychologist at the University of Michigan Medical Center.

Boredom is probably the main cause of distraction. Anxiety, fatigue, pain, illness, and depression are other reasons people don't pay attention. According to Dr. Berent, one clue you're drifting off is if the speaker repeatedly says, "Do you know what I mean?" You can gauge your own interest level by your body language. Are you looking around the room or staring at the clock? Asking the speaker a question makes you focus on the message.

2. Play the name game. You've just met someone for the first time and

continued on page 50



If you don't clean your teeth with Tartar Control Crest, objects in mirror may be closer than they appear.

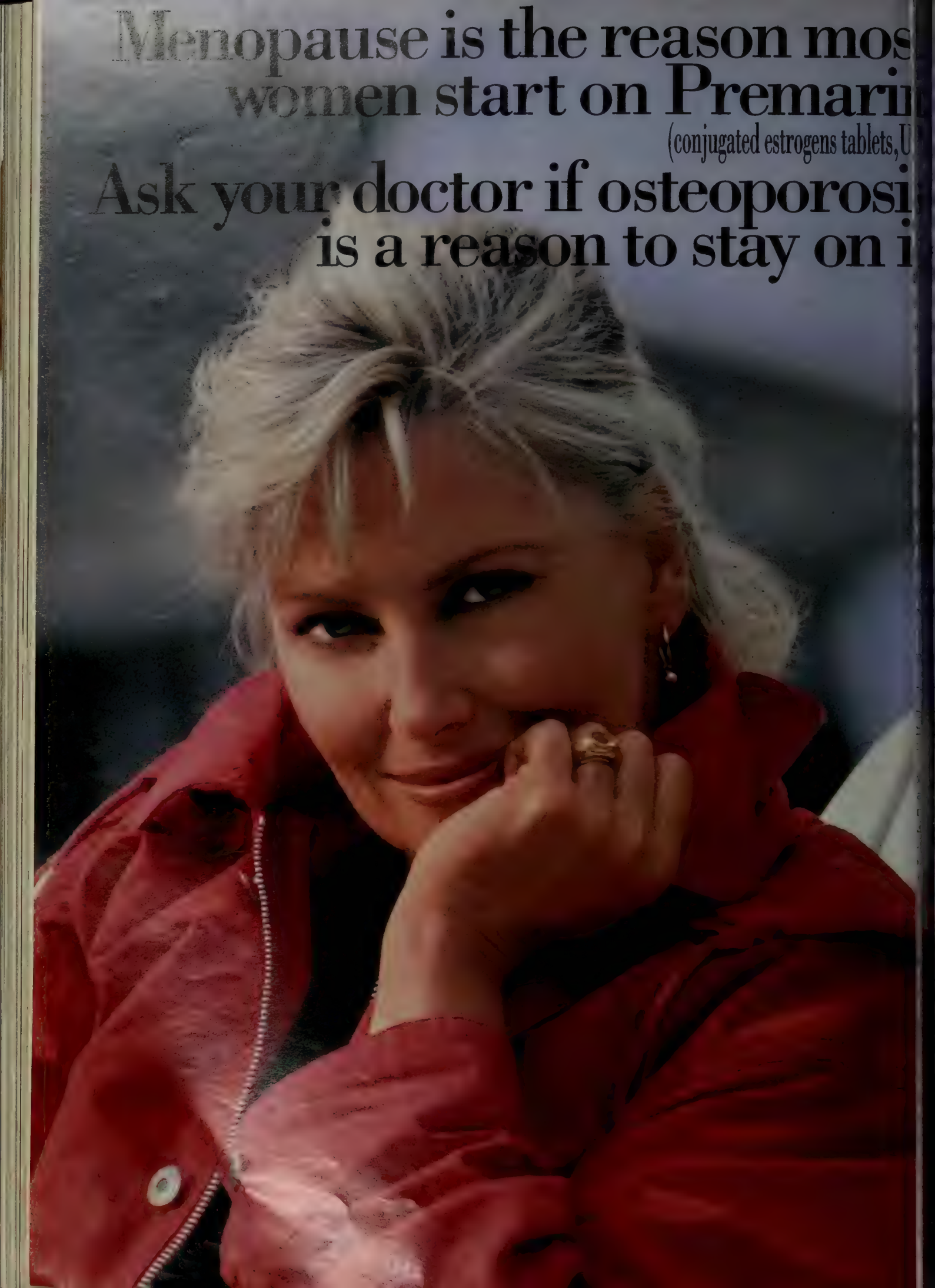
It's not a pretty sight. You go in or a checkup thinking your teeth re clean, and the next thing you now, you've got tartar. What's oing on? You're constantly brush- ng. You even rinse and floss.

And still your teeth aren't clean? That's right, because you're probably using the wrong toothpaste. Get the right one. Tartar Control Crest. It fights tartar buildup between dental visits. So for a better reflection of the way you brush, start using Tartar Control Crest.



Tartar Control Crest. The Dentists' & Hygienists' Choice.

"Tartar Control Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used as directed in a conscientiously applied program of oral hygiene and regular professional care. It has been shown to reduce the formation of tartar above the gumline, but has not been shown to have a therapeutic effect on penodontal diseases."– Council on Dental Therapeutics, American Dental Association. © P&G 1994


Menopause is the reason mos
women start on Premari
(conjugated estrogens tablets, U
Ask your doctor if osteoporosi
is a reason to stay on i

e symptoms of menopause are very real: hot shes, vaginal dryness and night sweats which may se sleep disturbances.

For millions of women, these symptoms are effecely treated with estrogen replacement therapy.

And, the same treatment that relieves the nptoms of menopause can also help prevent eoporosis (brittle bones), a disease that develops bout one of every four women over 50.

HE CONNECTION BETWEEN ENOPAUSE AND OSTEOPOROSIS.

After menopause, your body produces very little rogen. Without estrogen, your bones can become gile, more likely to break.

In fact, half of the bone mass women lose is lost he first seven years after menopause begins. at's more, bone loss is irreversible. But even if ne bone loss has occurred, estrogen can help pret further loss. So it's important to ask your doctor ou're at risk of developing brittle bones.

OW WOULD YOU ANSWER THESE MPORTANT QUESTIONS?

Of course, some women are at greater risk for eoporosis than others. This brief test will help termine your personal risk factor.

The more times you answer "yes," the greater r risk of developing osteoporosis.

RISK FACTOR TEST

QUESTION	YES	NO
1. Do you have a small, thin frame or are you Caucasian or Asian?	☐	☐
2. Do you have a family history of osteoporosis?	☐	☐
3. Are you a postmenopausal woman?	☐	☐
4. Have you had a hysterectomy?	☐	☐
5. Have you been taking thyroid medication or cortisone-like drugs for asthma, arthritis, or cancer?	☐	☐
6. Is your diet low in dairy products and other sources of calcium?	☐	☐
7. Are you physically inactive?	☐	☐
8. Do you now or have you ever smoked?	☐	☐

p out and take to your doctor.

SK YOUR DOCTOR IF ESTROGEN HERAPY IS RIGHT FOR YOU.

Regular weight bearing exercise and calcium e important for everyone. However, for women at k of osteoporosis, they may not be enough. rogen, as part of a total treatment program including et and exercise, can be an effective way to help event osteoporosis. The estrogen doctors prescribe ost is Premarin®. Premarin has been shown to duce hip and forearm fractures by approximately %...so ask your doctor if it's right for you.

THE SIDE EFFECTS OF ESTROGEN SHOULD BE CONSIDERED.

As with all drugs, there can be side effects with estrogen. One is the possibility of developing cancer of the uterus. Be sure to discuss this with your doctor. If you've had a hysterectomy, you don't have this risk.

When you ask your doctor whether you're at risk for osteoporosis, it's also important to inform him or her about all issues relating to your personal health and family health history. This history should include instances of cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting, or heart disease.

While women entering menopause are not likely to become pregnant, estrogens should not be used during pregnancy because of possible risk to the fetus.

SYMPTOMS OF MENOPAUSE WILL PASS. THE RISK OF OSTEOPOROSIS WON'T.

If you're one of the women at risk for osteoporosis, you need to find out about it. Your doctor may recommend estrogen replacement therapy. Premarin® is the most widely studied estrogen and the one doctors prescribe most. In fact, more than 7 million women in the U.S. alone rely on Premarin for the treatment of symptoms of menopause or as part of a program to help prevent osteoporosis.



PREMARIN®

(conjugated estrogens tablets, USP)

The appearance of this 0.625 mg tablet is a trademark of Wyeth-Ayerst Laboratories.

Please be sure to read the important information on the following page.

BRIEF SUMMARY OF PRESCRIBING INFORMATION FOR THE PATIENT

PREMARIN® Brand of conjugated estrogens tablets, USP
This Summary describes when and how to use estrogens and the risks of estrogen treatment.

ESTROGEN DRUGS
Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable in view of their benefits. If you decide to start taking estrogens, check with your doctor to make sure you are using the lowest possible effective dose. The length of treatment with estrogens will depend upon the reason for use. This should also be discussed with your doctor.

USES OF ESTROGEN
To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries. The decrease in the amount of estrogen that occurs in all women, usually between ages 45 and 55, causes the menopause. Sometimes the ovaries are removed by an operation, causing "surgical menopause." When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest or sudden intense episodes of heat and sweating ("hot flashes"). The use of drugs containing estrogens can help the body adjust to lower estrogen levels.

Most women have none or only mild menopausal symptoms and do not need estrogens. Other women may need estrogens for a few months while their bodies adjust to lower estrogen levels. The majority of women do not need estrogen replacement for longer than six months for these symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of vertebrae, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as milk products) or taking calcium supplements (1,000 to 1,500 milligrams per day) and certain types of exercise may also help prevent osteoporosis.

Since estrogen use is associated with some risk, its use in the prevention of osteoporosis should be confined to women who appear to be susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white race, thinness, and cigarette smoking.

Women who had their menopause by the surgical removal of their ovaries at a relatively young age are good candidates for estrogen replacement therapy to prevent osteoporosis.

To treat certain types of abnormal uterine bleeding due to hormonal imbalance.

To treat atrophic vaginitis (itching, burning, dryness in or around the vagina).

To treat certain cancers.

WHEN ESTROGENS SHOULD NOT BE USED
Estrogens should not be used:

During pregnancy. Although the possibility is fairly small, there is a greater risk of having a child born with a birth defect if you take estrogens during pregnancy. A male child may have an increased risk of developing abnormalities of the urinary system and sex organs. A female child may have an increased risk of developing cancer of the vagina or cervix in her teens or twenties. Estrogen is not effective in preventing miscarriage (abortion).

If you are breast feeding. Many drugs are excreted in human milk and can be passed on to your baby. Therefore, estrogen therapy should be used only when your doctor decides it is clearly necessary.

If you have had any heart or circulation problems. Estrogen therapy should be used only after consultation with your physician and only in recommended doses. Patients with a tendency for abnormal blood clotting should avoid estrogen use. This includes patients who currently have clots in the leg (thrombophlebitis), or any other part of the body (thromboembolic disorder). (See below.)

If you have had undiagnosed vaginal bleeding. If you have ever had abnormal bleeding from the vagina estrogens should not be used unless you have talked to your physician about this problem.

If you have had cancer. Since estrogens increase the risk of certain cancers, you should not take estrogens if you have ever had cancer of the breast or uterus. In certain situations, your doctor may choose to use estrogen in the treatment of breast cancer.

When they are ineffective. Sometimes women experience nervous symptoms or depression during menopause. There is no evidence that estrogens are effective for such symptoms. You may have heard that taking estrogens for long periods (years) after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence that this is so and such long-term treatment may carry serious risks.

DANGERS OF ESTROGENS
Cancer of the uterus. The risk of cancer of the uterus increases the longer estrogens are used and when larger doses are taken. One study showed that when estrogens are discontinued, this increased risk of cancer seems to fall off quickly. In another study, the persistence of risk was demonstrated for 10 years after stopping estrogen treatment. Because of this risk, *it is important to take the lowest effective dose of estrogen and to take it only as long as you need it.* There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pressure.

If you have had your uterus removed (total hysterectomy), there is no danger of developing cancer of the uterus. If you have your uterus, please refer to the section titled **"OTHER INFORMATION."**

Cancer of the breast. The majority of studies have shown no association with the usual doses used for estrogen replacement therapy and breast cancer. Some studies have suggested a possible increased incidence of breast cancer in those women taking estrogens for prolonged periods of time and especially if higher doses are used.

Regular breast examinations by a health professional and self-examination are recommended for wom receiving estrogen therapy, as they are for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallblad disease needing surgery than women who do not use estrogens.

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can cau a stroke, heart attack or pulmonary embolus, any of which may be fatal.

Heart disease. Large doses of estrogen in men have been shown to increase the risk of certain he diseases. This may not necessarily be true in women. In order to avoid the theoretical risk of high dos the dose of estrogen you take should not exceed the dose recommended by your doctor.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with bre and/or bone cancer.

SIDE EFFECTS
In addition to the risks listed above, the following side effects have been reported with estrogen use:

- Nausea, vomiting; pain, cramps, swelling, or tenderness in the abdomen.
- Yellowing of the skin and/or whites of the eyes.
- Breast tenderness or enlargement.
- Enlargement of benign tumors of the uterus.
- Breakthrough bleeding or spotting.
- Change in amount of cervical secretion.
- Vaginal yeast infections.
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, or kidney disease.
- A spotty darkening of the skin, particularly on the face; reddening of the skin; skin rashes.
- Worsening of porphyria.
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses).
- Mental depression.
- Involuntary muscle spasms.
- Hair loss or abnormal hairiness.
- Increase or decrease in weight.
- Changes in sex drive.
- Possible changes in blood sugar.

REDUCING RISK OF ESTROGEN USE
If you decide to take estrogens, you can reduce your risks by carefully monitoring your treatment.

See your doctor regularly. While you are taking estrogens, it is important that you visit your doctor least once a year for a physical examination. Special attention should be given to blood pressure, breast abdomen, and pelvic organs. A Pap smear should be taken and tested at this visit. If members of your fam ily have had breast cancer or if you have ever had breast nodules or an abnormal mammogram (breast x ray), you may need to have more frequent breast examinations. Also be sure to let your doctor know if yo have ever had liver or kidney disease, as this may affect the decision to use estrogen.

Reevaluate your need for estrogens. You and your doctor should reevaluate your need for estrogens a least every six months.

Be alert for signs of trouble. Report these or any other unusual side effects to your doctor immediately:

- Abnormal bleeding from the vagina.
- Pains in the calves or chest, a sudden shortness of breath or coughing blood (indicating possible clots i the legs, heart, or lungs).
- Severe headache, dizziness, faintness, or changes in vision, indicating possible clots in the brain or eye.
- Breast lumps.
- Yellowing of the skin and/or whites of the eyes.
- Pain, swelling, or tenderness in the abdomen.

OTHER INFORMATION
Some physicians may choose to prescribe another hormonal drug to be used in association with estroge treatment for women with a uterus. These drugs, progestins, have been reported to lower the frequency o occurrence of a possible precancerous condition of the uterine lining. Whether this will provide protection from uterine cancer has not been clearly established. There are possible additional risks that may be associ ated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable effects or blood fats and sugars. The choice of progestin and its dosage may be important in minimizing these effects.

Your doctor has prescribed this drug for you and you alone. Do not give the drug to anyone else.

If you will be taking calcium supplements as part of the treatment to help prevent osteoporosis, checl with your doctor about the amounts recommended.

Keep this and all drugs out of the reach of children. In case of overdose, call your doctor, hospital, o poison control center immediately.

This Summary provides the most important information about estrogens. If you want to read more, ask your doctor or pharmacist to let you read the professional labeling.

This Brief Summary for Direct-to-Consumer Advertising is based on the current Premarin Tablets insert, P 4143-2, Issued June 29, 1993 with the incorporation, in lay language, of pertinent text from the Physician inser CI 4119-3, Issued June 21, 1993.

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"What every woman should know about menopause."

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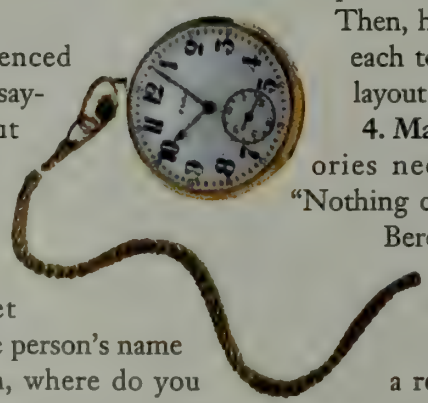


Boost your memory

continued from page 42

you've struck up a lively conversation. The only trouble is, you can't remember this person's name. And the longer you talk, the more uncomfortable you'd feel admitting this.

To avoid this universally experienced embarrassment, Dr. Berent suggests saying a new acquaintance's name out loud three times. When you're introduced, make a point of repeating the name once. Then, work the name into the conversation again by saying, "Well, John, glad to meet you." Lastly, think of a way to use the person's name in another sentence, such as, "John, where do you live?" If all else fails, adds Dr. Berent, don't be afraid to ask someone their name if you miss it the first time.



3. Use mnemonic memory aids. You can devise a variety of gimmicks to help you remember people, places, dates, names, and things. These memory-enhancing tricks, which scientists call mnemonic devices, can be either verbal or visual. For example, if you have a list of things to recall, take the first letter of each word and form a new word. If you need to buy milk, eggs, sugar, and salad, simply think of the word "mess."

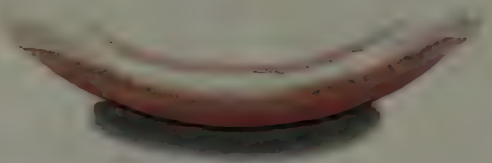
Using a more visual mnemonic device, Dr. Berent often pictures the inside of his home during lectures. He "places" topics he wants to cover in different rooms. Then, he "moves" from room to room, discussing each topic along the way. Try using your office layout to recall work related information.

4. Make lists. Even people with steel-trap memories need written reminders now and then. "Nothing can substitute for a written list," says Dr. Berent. "It amazes me why people think they can remember things without writing them down."

List-making serves two purposes. A list is a reminder that you can refer to repeatedly. And the act of writing helps log the data in your brain. The more senses you use to record information, explains Dr. Berent, the greater the odds it's permanently stored.

"To do" lists are helpful when you have a lot of tasks to accomplish. You also receive a sense of gratification as you check off completed tasks.

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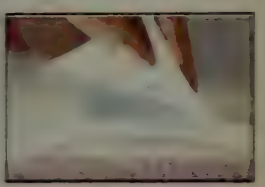
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5. Develop routines. As Dr. Caplan explains, the brain is like a filing system. It comfortably holds only so much information. You stand a better chance of remembering something if you can concentrate solely on that topic and close your mind to all other things going on around you. It is this ability to focus tightly—a knack that can be practiced and improved—that explains the absentminded professor cliché.

Do you often forget where you've parked? If so, try always using the same parking spot. Or, if you worry about missing important meetings, invest in a date book. And, if you constantly forget where you put things, find a permanent home for each item. Keep a written list of these items, and store this master list in an easily accessible place. You don't have to clutter your mind with things that are routine," insists Dr. Caplan. "You just have to remember the routine."

Make lists, say experts. Time won't fade a written record as it does a purely mental image.

6. Recall by category. Our mental filing system probably stores facts by categories, explains Dr. Caplan. Therefore, breaking into a particular "file" helps you retrieve long-forgotten details. For example, if you need to remember the name of your third-grade teacher, picture yourself when you were eight or nine. Think about the person you sat next to in class, what lessons you learned, and what you wore to school. Eventually, that elusive name should come to you.

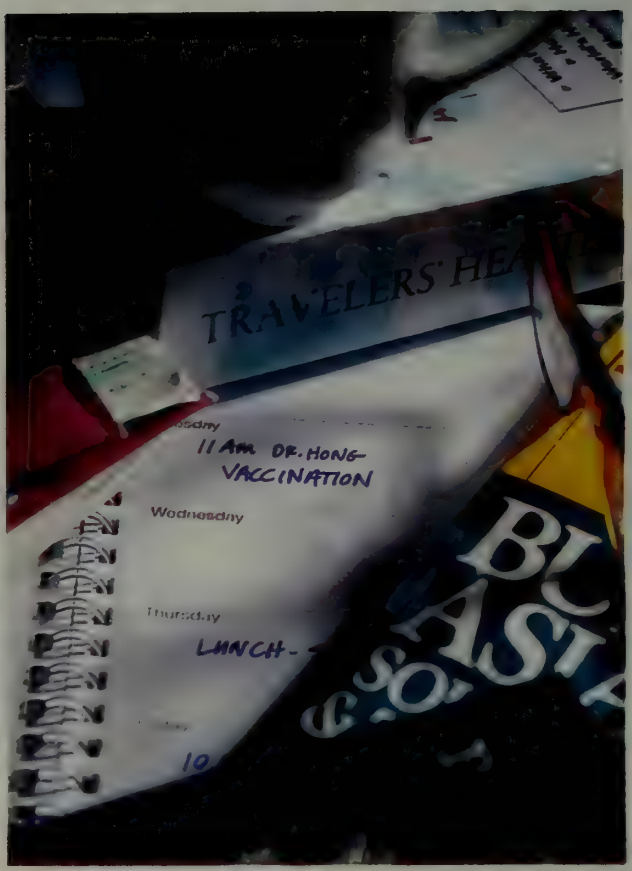
When to worry. Occasional short-term memory lapses are nothing to worry about. Some memory woes *do* signal a serious problem. Forgetting significant details, such as your address or the names of your children, should prompt a trip to your doctor. So should newly developed language difficulties, bizarre behavior, and personality changes, says Dr. Caplan.

Anyone with these symptoms should be evaluated by a neurologist, preferably one specializing in memory loss. Alzheimer's disease and stroke are two widely recognized causes of chronic forgetfulness. Other causes include depression, drug abuse, and metabolic illnesses—all of which are treatable.

Your doctor should rule out all of these causes before dismissing a memory problem that has you worried. Even if your condition isn't amenable to treatment, a good physician can recommend strategies to counter the debilitating effects of serious memory deficits.

health update

MEDICAL NEWS YOU CAN USE



Vaccine Update

Item no. 1: Planning a trip abroad this summer? Now's the time to think about having your vaccinations updated, according to Wes Van Voorhis, M.D., Ph.D., of the University of Washington School of Medicine in Seattle. That's because some vaccines need to be given in a series, while others can't be given on the same day. Fortunately, only a few destinations, mostly in less-developed countries, call for special vaccinations these days. Your doctor can check to see which vaccines you might need.

Item no. 2: Parents who fear that the pertussis (whooping cough) vaccine will cause brain damage in their child can breathe easy. The latest study, from the University of Washington in Seattle, confirms previous research: the pertussis vaccine is harmless. That's something that can't be said about whooping cough, a disease that once claimed the lives of thousands of children each year.

HEALTH ALERT

ARE YOU CONSIDERING having your tubes tied? New research says you might be lowering your risk of ovarian cancer. Hysterectomy may also offer protection, but on a smaller scale. These are the findings of Susan E. Hankinson, Sc.D., and her colleagues at Brigham and Women's Hospital in Boston. Dr. Hankinson studied the records of 121,700 nurses between the ages of 30 and 55. Among women sterilized by tubal ligation, the risk of ovarian cancer was cut by two-thirds. Women who had undergone a simple hysterectomy (removal of the uterus only) cut their risk by one-third.

Iron Dangers for Kids

Many people don't get enough iron in their diet and turn to supplements for help. That's fine, but beware: Iron pills are potential killers in the hands of a preschooler.

Iron overdose is the leading cause of fatal ingestion poisonings in American children under age 3, according to the U.S. Consumer Product



Safety Commission and the Nonprescription Drug Manufacturers Association. At least 25 children have died of overdoses since 1987.

Always close safety caps tightly and keep the bottles out of the reach of youngsters.

continued on page 54



The Combination-Pack. When you said you needed extra relief, Gyne-Lotrimin® was there with the Combination-Pack. Inside are 7 inserts for a fast cure. But the big difference is the little tube of cream for external relief.

"Who says we're all the same?"

You thought all yeast medications were the same. But Gyne-Lotrimin® knows that every woman is different with different needs at different times. That's why Gyne-Lotrimin offers Cream, Inserts and Disposable Applicators. And that's also why we continue to make new product innovations to fit those needs.

Gyne-Lotrimin Pre-Filled Applicators. When you wondered if a yeast medication could be more convenient, Gyne-Lotrimin was the first with Pre-Filled Applicators. Pre-filled, pre-measured, disposable. And only from Gyne-Lotrimin.



Now, who says we're all the same?

Gyne-Lotrimin®
The Cure Starts Here.

Read and follow label directions. If this is the first time you've had vaginal itch and discomfort, consult your doctor. If you've had a doctor diagnose a vaginal yeast infection before, use Gyne-Lotrimin as directed.

Schering-Plough ©1994 Schering-Plough HealthCare Products Inc.

continued from page 52

The No Stones Diet

If you are prone to kidney stones, try drinking four 8-ounce glasses of citrus juice a day, says Charles Y. C. Pak, M.D., of the University of Texas Southwestern Medical Center in Dallas. While you're at it, try to limit salt intake to 6 grams per day—roughly one teaspoonful. The advice is based



on studies Dr. Pak helped conduct for the National Institutes of Health. Following these guidelines helped test subjects reduce urine levels of stone-forming calcium, while increasing levels of citrate, which protects against stone formation. Ask your doctor whether this no-stones diet might work for you.



The Youngest Coffee Drinkers

Pregnant women need to reconsider that second or third cup of coffee per day. Drinking three cups of regular coffee per day during pregnancy increases the odds of spontaneous abortions about two-and-a-half times. Canadian researchers who studied the link lay the blame on caffeine.

According to study leader Claire Infante-Rivard, M.D., Ph.D., of McGill University in Montreal, drinking a single cup of coffee per day led to only a slight rise in risk.

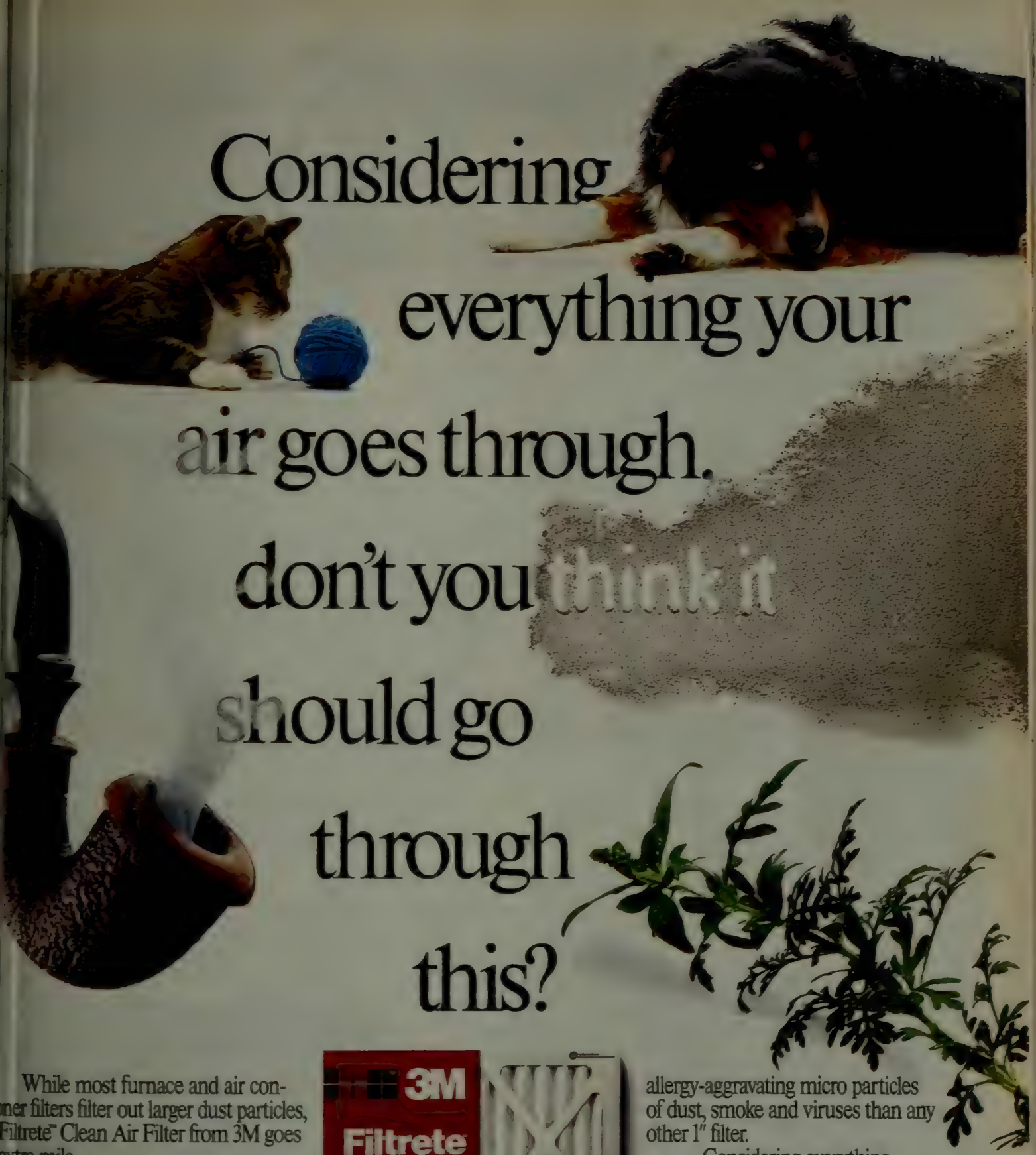
This latest study is supported by some, but not all, previous research. But as some public health experts already point out, why take chances? Keeping caffeine consumption at a reasonable level (equal to a cup of coffee a day) couldn't hurt and could help.

continued on page 56

IMPLANTS SCORE WELL

Many men with impotence who might benefit from a penile implant fear they won't like the device. A new survey of users of one implant, the Mentor Alpha-1, counters this notion. Irwin Goldstein, M.D., of Boston University says that 82 percent of users reported that the implant met their expectations, and 83 percent reported improved intercourse. Dr. Goldstein warns patients that implants are a last resort, and he says that counseling is critical in creating realistic expectations for the devices.

Considering everything your air goes through, don't you think it should go through this?



While most furnace and air conditioner filters filter out larger dust particles, Filtrete™ Clean Air Filter from 3M goes the extra mile.

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In fact, our filter not only removes larger particles of airborne dust, pollen and mold, but it also removes more of the allergy-aggravating micro particles of dust, smoke and viruses than any other 1" filter.

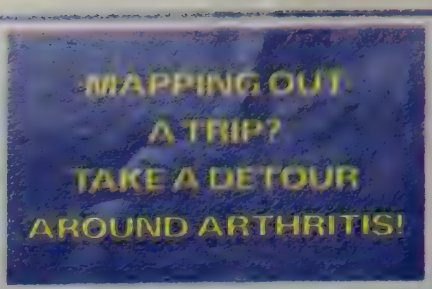
Considering everything that goes into the air you breathe, you should consider the filter that takes more things out.

Look for the Filtrete Clean Air Filter from 3M wherever you purchase your furnace or air conditioner filters. And be sure to watch for new 3M filter products, available soon. For a retailer near you call 1-800-388-3458.



3M

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Are you planning a vacation? Thinking about seeing the sights in a different part of the country, or considering exploring a far-off land? If so, don't let arthritis keep you home. Instead, follow these pointers to be sure your trip is a success.

- **Select an "arthritis-friendly" hotel.** Choose a hotel that has accommodations to help you move around easily—such as ramps and bathtub handrails. Also, check to be sure your hotel has room service and bellhops to carry your luggage. A heated pool for exercising and relaxing is an added plus.
- **Pack lightly.** Carrying heavy bags can strain your joints—so pack lightly and use luggage with wheels. If you need to carry a bag, use your strongest muscles and joints whenever possible—for example, use a bag with a shoulder strap instead of a handle.
- **Bring your medication.** Be sure to pack any medication you may need in your carry-on bag, instead of in the bags you check. Also, don't forget to bring along a supply of nonprescription medication, such as Advil,® just in case it's not available at your destination.
- **Exercise and stretch often.** Stretching can keep your joints from becoming stiff—and simple stretching exercises can be done even while you're on an airplane. It also helps to get up and walk around frequently during the flight. And once you've arrived, taking a walk or swimming every day are great ways to exercise.
- **Take time to relax.** Don't overdo it! Getting plenty of rest is important when you have arthritis. Take the opportunity to read a good book or just sit and enjoy the scenery.

Travel can be exciting and rewarding—especially if you take steps to be sure the minor aches and pains of arthritis don't get in your way.

To receive additional free information on traveling with arthritis, send a self-addressed, stamped envelope to: Advil® Forum on Health Education,™ 1500 Broadway, 25th Floor, Dept. BG, New York, NY 10036.

Advil® Forum on Health Education

health update

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Take a Senior to Lunch

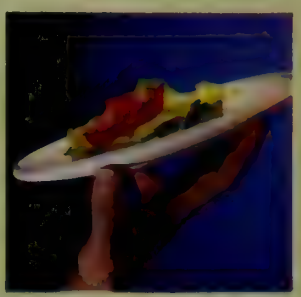
If you really want to do an elderly friend or relative a favor, pay a visit around lunchtime. Seniors who eat alone are more likely to be malnourished than those who dine with company. That's the finding of a study by researchers at the Human Nutrition Research Center on Aging at Tufts University in Boston.

The study looked at 700 seniors who ranged in age from 60 to over 90. Poor nutritional habits were defined in several ways: getting less than two-thirds of the recommended allowance for calories, vitamins, or minerals or having a diet that supplies more than 40 percent of calories in the form of fat (or 15 percent of calories in saturated fat). Based on past research, doctors have linked each of these criteria to potentially serious health problems.

Beyond eating alone, several other factors seem connected to poor eating habits. Being a member of a racial minority was a risk factor, as was living in a low-income neighborhood, smoking, wearing dentures and being on more than one medication. ⌂

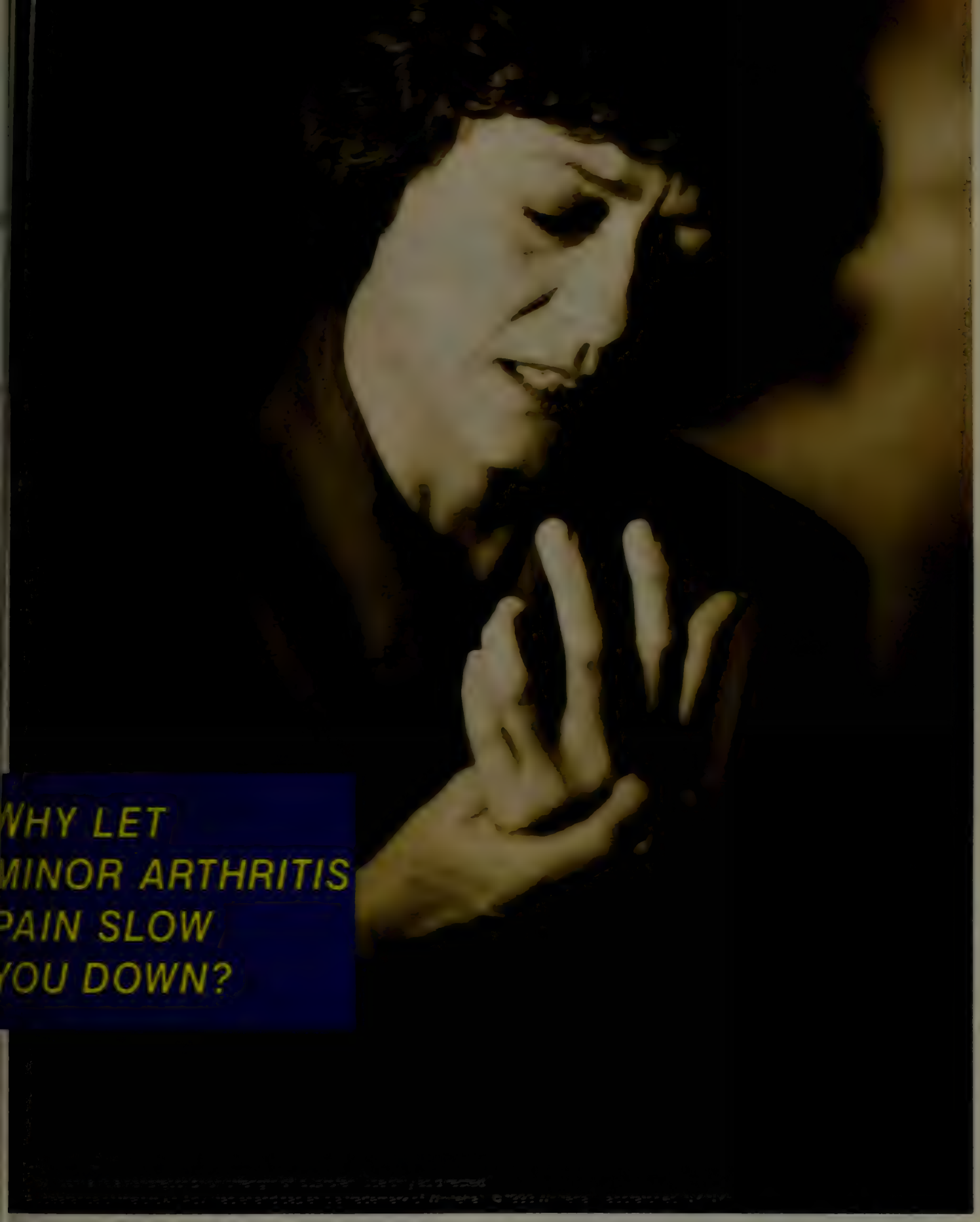
How low should you go to lose weight?

Thinking of starting a very low-calorie (under 1,000 calories per day) diet program? Unless your doctor urges one on you for medical reasons, you might want to think again. These programs can help you lose weight, but the odds are firmly against keeping the weight off. And with the cost of a doctor-supervised program running into the hundreds of dollars, the only thing that might end up thinner is your wallet.



Researchers Thomas J. Flynn, M.D., and Michael F. Walsh, M.D., of the Medical Center in Columbus, Georgia, studied 255 clients of a weight loss clinic in Florida. The doctor-supervised program lasted 26 weeks, and participants lost an average of 47 pounds per person. But fewer than half of the participants finished the program and of them, only one-third kept the weight off for two years.

The hopeful news for those hoping to win at losing: Dieters who exercised were twice as likely to keep the weight off as participants who dieted only.



To relieve minor arthritis pain, one Advil® is as effective as two regular strength aspirin. Yet Advil is gentler to your stomach than aspirin. Maybe that's why so many doctors recommend Advil by name to their patients. You don't have to let arthritis pain slow you down. Take Advil.

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1899
1955
Today

ADVANCED MEDICINE FOR PAIN™

by Nick Gallo

Finding Asthma Relief



Imagine trying to breathe through a pinhole. That's the reality when you suffer a severe asthma attack. More and more people are finding themselves in just that position. In the past decade, the number of people with asthma has climbed more than 60 percent. Yearly deaths in the U.S. have doubled from less than 2,000 in 1978 to more than 4,500 today.

More accurate reporting explains some of the gain, but researchers suspect other factors. Among them: outdoor and indoor air pollution and poor access to health care in inner cities.

But asthma experts are changing this bleak landscape for the better. With today's management, patients now are better able to control their conditions than at any time in the past, says Michael Kaliner, M.D., Medical Director for the Institute for Asthma and Allergy at the Washington Hospital Center in Washington, D.C. Here's the latest thinking.

What causes asthma? In people with asthma, the lung's airways narrow, swell, and clog with mucus, producing wheezing, coughing, or troubled breathing. In mild cases, asthma is uncomfortable. In severe forms, asthma leaves you gasping for each breath.

For 90 percent of children and more than half of adults with asthma, the disease is allergic in nature. (The causes for nonallergic asthma are not established.) Common allergic triggers are pets, pollens, dust mites, mold, and feathers. Attacks may occur after exposure to irritants (cigarette smoke, strong odors, household cleaning products, workplace chemicals), viral respiratory infections (colds, flu), drugs, sudden changes in weather, and emotional stress.

TODAY'S TREATMENT PROMISES A BREATH OF FRESH AIR.

Asthma attacks vary widely intensity and duration. Symptor often erupt within 10 15 minutes after exp sure to a trigger and c last for hours or day More than half of t people who have sho duration attacks als suffer a delayed rea tion—chest tightnes wheezing, and othe symptoms—four t eight hours later th can last for days, say Gail Shapiro, M.D clinical professor pediatrics at the Un versity of Washingto Tell your doctor if yo experience these delaye reactions.

More than three-quarters people with asthma also are suscep tible to attacks during exercis Wheezing and coughing develop after fiv to 10 minutes of strenuous efforts or short after exercise ends.

Nevertheless, exercise is encourage because it aids overall health, says D Shapiro. Children especially benefit fro the boost in self-esteem that goes alon with participation, she says.

To prevent exercise-induced reaction doctors encourage patients to be selective about whic activities they participate in. Because cold, dry air trig gers symptoms, skiing and ice skating may cause prob lems. Swimming, with its warm, humid environment, i ideal. Stop-and-go sports like baseball usually are bette choices than constant-action sports like soccer.

Yet few activities are off-limits if asthma is unde control, say experts. Several medications, inhaled befor exercise, prevent attacks. A 10–15 minute warm-up perio before exercise also limits wheezing and coughing.

continued on page 6

EPILEPSY

NEWS FOR ADULTS WITH EPILEPSY

If you or an adult (14 years and older) you know has epilepsy— you'll be glad to know that there is now a new medication available with your doctor's prescription.

FELBATOL (felbamate) is the first new epilepsy medication in 15 years.

FELBATOL helps control the types of seizures experienced by most people with epilepsy. These include partial seizures that start in a localized part of the brain, including those that progress to generalized, so-called grand mal seizures.

Take this ad to your doctor and ask if FELBATOL could be appropriate for you or someone you care about.

Felbatol™
felbamate

The first new epilepsy medication in 15 years

Please see adjacent page for additional important information.

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Cranbury, New Jersey 08512

FEL694 January 1994

FELBATOL™ (felbamate)
[illegible] mg Oral Suspension 600 mg/5 mL

Brief Summary

INDICATIONS AND USAGE
Felbatol™ (felbamate) is indicated as monotherapy and adjunctive therapy in the treatment of partial seizures with and without generalization in adults with epilepsy and as adjunctive therapy in the treatment of partial and generalized seizures associated with Lennox-Gastaut syndrome in children.

CONTRAINDICATIONS
Felbatol™ (felbamate) is contraindicated in patients with known hypersensitivity to Felbatol™ (felbamate) or its ingredients. It should be used cautiously in those who have demonstrated hypersensitivity reactions to other carbamates.

WARNINGS
Antiepileptic drugs should not be suddenly discontinued because of the possibility of increasing seizure frequency.

PRECAUTIONS
Information for Patients: Patients should be instructed to take Felbatol™ (felbamate) only as prescribed. Patients should also be instructed to store the medication in its tightly closed container at room temperature away from excessive heat, direct sunlight, or moisture, and away from children.
Laboratory Tests: Clinical trials data indicate that routine monitoring of clinical laboratory parameters is not necessary for the safe use of Felbatol™. The value of monitoring Felbatol™ blood levels has not been established. Because of the effect of Felbatol™ on the plasma levels of other AEDs being taken concomitantly, monitoring of the plasma concentrations of these AEDs may be indicated (see **Drug Interactions**). In general, clinical judgment should be exercised regarding monitoring of other laboratory parameters.
Drug Interactions: The drug interaction data described in this section were obtained from controlled clinical trials and studies involving otherwise healthy adults with epilepsy.
Use in Conjunction with Other Antiepileptic Drugs (See DOSAGE AND ADMINISTRATION):
The addition of Felbatol™ to antiepileptic drugs (AEDs) affects the steady-state plasma concentrations of AEDs. The net effect of these interactions is summarized in the following table:

AED Coadministered	AED Concentration	Felbatol™ Concentration
Phenytoin	↑	↓
Valproate	↑	↔ **
Carbamazepine (CBZ) * CBZ epoxide	↓ ↑	↓

* Not administered, but an active metabolite of carbamazepine.
** No significant effect.

Specific Effects of Felbatol™ on Other Antiepileptic Drugs:
Phenytoin: Felbatol™ causes an increase in steady-state phenytoin plasma concentrations. In 10 otherwise healthy subjects with epilepsy ingesting phenytoin, the steady-state trough (Cmin) phenytoin plasma concentration was 17±5 micrograms/mL. The steady-state Cmin increased to 21±5 micrograms/mL when 1200 mg/day of felbamate was coadministered. Increasing the felbamate dose to 1800 mg/day in six of these subjects increased the steady-state phenytoin Cmin to 25±7 micrograms/mL. In order to maintain phenytoin levels, limit adverse experiences, and achieve the felbamate dose of 3600 mg/day, a phenytoin dose reduction of approximately 40% was necessary for eight of these 10 subjects.
In a controlled clinical trial, a 20% reduction of the phenytoin dose at the initiation of Felbatol™ therapy resulted in phenytoin levels comparable to those prior to Felbatol™ administration.
Carbamazepine: Felbatol™ causes a decrease in the steady-state carbamazepine plasma concentrations and an increase in the steady-state carbamazepine epoxide plasma concentration. In nine otherwise healthy subjects with epilepsy ingesting carbamazepine, the steady-state trough (Cmin) carbamazepine concentration was 8±2 micrograms/mL. The carbamazepine steady-state Cmin decreased 31% to 5±1 micrograms/mL when felbamate (3000 mg/day, divided into three doses) was coadministered. Carbamazepine epoxide steady-state Cmin concentrations increased 57% from 1.0±0.3 to 1.6±0.4 micrograms/mL with the addition of felbamate.
In clinical trials, similar changes in carbamazepine and carbamazepine epoxide were seen.
Valproate: Felbatol™ causes an increase in steady-state valproate concentrations. In four subjects with epilepsy ingesting valproate, the steady-state trough (Cmin) valproate plasma concentration was 63±16 micrograms/mL. The steady-state Cmin increased to 78±14 micrograms/mL when 1200 mg/day of felbamate was coadministered. Increasing the felbamate dose to 2400 mg/day increased the steady-state valproate Cmin to 96±25 micrograms/mL. Corresponding values for free valproate Cmin concentrations were 7±3, 9±4, and 11±6 micrograms/mL for 0, 1200, and 2400 mg/day Felbatol™, respectively. The ratios of the AUCs of unbound valproate to the AUCs of the total valproate were 11.1%, 13.0%, and 11.5%, with coadministration of 0, 1200, and 2400 mg/day of Felbatol™, respectively. This indicates that the protein binding of valproate did not change appreciably with increasing doses of Felbatol™.
Effects of Other Antiepileptic Drugs on Felbatol™:
Phenytoin: Phenytoin causes an approximate doubling of the clearance of Felbatol™ at steady state, and, therefore, the addition of phenytoin causes an approximate 45% decrease in the steady-state trough concentrations of Felbatol™ as compared to the same dose of Felbatol™ given as monotherapy.
Carbamazepine: Carbamazepine causes an approximate 50% increase in the clearance of Felbatol™ at steady state and, therefore, the addition of carbamazepine results in an approximate 40% decrease in the steady-state trough concentrations of Felbatol™ as compared to the same dose of Felbatol™ given as monotherapy.
Valproate: Available data suggest that there is no significant effect of valproate on the clearance of Felbatol™ at steady state. Therefore, the addition of valproate is not expected to cause a clinically important effect on Felbatol™ plasma concentrations.
Effects of Antacids on Felbatol™: The rate and extent of absorption of a 2400 mg dose of Felbatol™ as monotherapy given as tablets was not affected when coadministered with antacids.
Drug/Laboratory Test Interactions: There are no known interactions of Felbatol™ with commonly used laboratory tests.
Carcinogenesis, Mutagenesis, Impairment of Fertility: Carcinogenicity studies were conducted in mice and rats. Mice received felbamate as a feed admixture for 92 weeks at doses of 300, 600, and 1200 mg/kg and rats were also dosed by feed admixture for 104 weeks at doses of 30, 100, and 300 (males) or 10, 30, and 100 (females) mg/kg. The maximum doses in these studies produced steady-state plasma concentrations that were equal to or less than the steady-state plasma concentrations in epileptic patients receiving 3600 mg/day. There was a statistically significant increase in hepatic cell adenomas in high-dose male and female mice and in high-dose female rats. Hepatic hypertrophy was significantly increased in a dose-related manner in mice, primarily males, but also in females. Hepatic hypertrophy was not found in female rats. The relationship between the occurrence of benign hepatocellular adenomas and the finding of liver hypertrophy resulting from liver enzyme induction has not been examined. There was a statistically significant increase in benign interstitial cell tumors of the testes in high-dose male rats receiving felbamate. The relevance of these findings to humans is unknown.
As a result of the synthesis process, felbamate could contain small amounts of two known animal carcinogens, the genotoxic compound ethyl carbamate (urethane) and the nongenotoxic compound methyl carbamate. It is theoretically possible that a 50 kg patient receiving 3600 mg of felbamate could be exposed to up to 0.72 micrograms of urethane and 1800 micrograms of methyl carbamate. These daily doses are approximately 1/35,000 (urethane) and 1/5,500 (methyl carbamate) on a mg/kg basis, and 1/10,000 (urethane) and 1/1,600 (methyl carbamate) on a mg/m^2 basis, of the dose levels shown to be carcinogenic in rodents. Any presence of these two compounds in felbamate used in the lifetime carcinogenicity studies was inadequate to cause tumors.
Microbial and mammalian cell assays revealed no evidence of mutagenesis in the Ames *Salmonella*/microsome plate test, CHO/HGPRT mammalian cell forward gene mutation assay, sister chromatid exchange assay in CHO cells, and bone marrow cytogenetics assay.
Reproduction and fertility studies in rats showed no effects on male or female fertility at oral doses of up to 13.9 times the human total daily dose of 3600 mg on a mg/kg basis, or up to 3 times the human total daily dose on a mg/m^2 basis.
Pregnancy: Pregnancy Category C. The incidence of malformations was not increased compared to control in offspring of rats or rabbits given doses up to 13.9 times (rat) and 4.2 times (rabbit) the human daily dose on a mg/kg basis, or 3 times (rat) and less than 2 times (rabbit) the human daily dose on a mg/m^2 basis. However, in rats, there was a decrease in pup weight and an increase in pup deaths during lactation. The cause for these deaths is not known. The no effect dose for rat pup mortality was 6.9 times the human dose on a mg/kg basis or 1.5 times the human dose on a mg/m^2 basis.
Placental transfer of felbamate occurs in rat pups. There are, however, no studies in pregnant women. Because animal reproduction studies are not always predictive of human response, this drug should be used during pregnancy only if clearly needed.
Labor and Delivery: The effect of felbamate on labor and delivery in humans is unknown.
Nursing Mothers: Felbamate has been detected in human milk. The effect on the nursing infant is unknown (see **Pregnancy** section).
Pediatric Use: The safety and effectiveness of Felbatol™ in children other than those with Lennox-Gastaut syndrome has not been established.
Geriatric Use: No systematic studies in geriatric patients have been conducted. Clinical studies of Felbatol™ did not include sufficient numbers of patients aged 65 and over to determine whether they respond differently from younger patients. Other reported clinical experience has not identified differences in responses between the elderly and younger patients. In general, dosage selection for an elderly patient should be cautious, usually starting at the low end of the dosing range, reflecting the greater frequency of decreased hepatic, renal, or cardiac function, and of concomitant disease or other drug therapy.

ADVERSE REACTIONS
The most common adverse reactions seen in association with Felbatol™ (felbamate) in adults during monotherapy are anorexia, vomiting, insomnia, nausea and headache. The most common adverse reactions seen in association with Felbatol™ in adults during adjunctive therapy are anorexia, vomiting, insomnia, nausea, dizziness, somnolence, and headache.
The most common adverse reactions seen in association with Felbatol™ in children during adjunctive therapy are anorexia, vomiting, insomnia, headache, and somnolence.
The dropout rate because of adverse experiences or intercurrent illnesses among adult felbamate patients was 12 percent (120/977). The dropout rate because of adverse experiences or intercurrent illnesses among pediatric felbamate patients was six percent (22/357). In adults, the body systems associated with causing these withdrawals in order of frequency were: digestive (4.3%), psychological (2.2%), whole body (1.7%), neurological (1.5%), and dermatological (1.5%). In children, the body systems associated with causing these withdrawals in order of frequency were: digestive (1.7%), neurological (1.4%), dermatological (1.4%), psychological (1.1%), and whole body (1.0%). In adults, specific events with an incidence of 1% or greater associated with causing these withdrawals, in order of frequency were: anorexia (1.8%), vomiting (1.7%), rash (1.2%), and weight decrease (1.1%). In children, specific events with an incidence of 1% or greater associated with causing these withdrawals in order of frequency was rash (1.1%).
Incidence in Clinical Trials: The prescriber should be aware that the figures cited in the following table cannot be used to predict the incidence of side effects in the course of usual medical practice where patient characteristics and other factors differ from those which prevailed in the clinical trials. Similarly, the cited frequencies cannot be compared with figures obtained from other clinical investigations involving different investigators, treatments, and uses, including the use of Felbatol™ as concurrent therapy, where the incidence of adverse events may be higher due to drug interactions. The cited figures, however, do provide the prescribing physician with some basis for estimating the relative contribution of drug and nondrug factors to the side effect incidence rate in the population studied.

Adults
Incidence in Controlled Clinical Trials—Monotherapy Studies in Adults: The table that follows enumerates adverse [illegible] occurred at an incidence of 2% or more among 58 adult patients who received Felbatol™ monotherapy at dosages of 3[illegible] in double-blind controlled trials. Reported adverse events were classified using standard WHO-based dictionary terminol[illegible]

Adults
Treatment-Emergent Adverse Event
Incidence in Controlled Monotherapy Trials

Body System/Event	Felbatol™* (N=58) %	Low Dose Valproate** (N=50) %
Body as a Whole		
Fatigue	6.9	4.0
Weight Decrease	3.4	0
Face Edema	3.4	0
Central Nervous System		
Insomnia	8.6	4.0
Headache	6.9	18.0
Anxiety	5.2	2.0
Dermatological		
Acne	3.4	0
Rash	3.4	0
Digestive		
Dyspepsia	8.6	2.0
Vomiting	8.6	2.0
Constipation	6.9	2.0
Digestive (cont'd)		
Diarrhea	5.2	0
SGPT Increased	5.2	2.[illegible]
Metabolic/Nutritional		
Hypophosphatemia	3.4	0
Respiratory		
Upper Respiratory Tract Infection	[illegible]	4.[illegible]
Rhinitis	6.9	0
Special Senses		
Diplopia	3.4	4.[illegible]
Otitis Media	3.4	0
Urogenital		
Intramenstrual Bleeding	3.4	0
Urinary Tract Infection	3.4	2.[illegible]

*3600 mg/day ; **15 mg/kg/day

Incidence in Controlled Add-On Clinical Studies in Adults: The table that follows enumerates adverse events that occ[illegible] incidence of 2% or more among 114 adult patients who received Felbatol™ adjunctive therapy in add-on controll[illegible] dosages up to 3600 mg/day. Reported adverse events were classified using standard WHO-based dictionary terminology.
Many adverse experiences that occurred during adjunctive therapy may be a result of drug interactions. Adverse experie[illegible] adjunctive therapy typically resolved with conversion to monotherapy, or with adjustment of the dosage of other antiepileptic[illegible]

Children
Incidence in a Controlled Add-On Trial in Children with Lennox-Gastaut Syndrome: The table that follows enumerat[illegible] events that occurred more than once among 31 pediatric patients who received Felbatol™ up to 45 mg/kg/day or a m[illegible] 3600 mg/day. Reported adverse events were classified using standard WHO-based dictionary terminology.

Adults
Treatment-Emergent Adverse Event
Incidence in Controlled Add-On Trials

Body System/Event	Felbatol™ (N=114) %	Placebo (N=43) %
Body as a Whole		
Fatigue	16.8	7.0
Fever	2.6	4.7
Chest Pain	2.6	0
Central Nervous System		
Headache	36.8	9.3
Somnolence	19.3	7.0
Dizziness	18.4	14.0
Insomnia	17.5	7.0
Nervousness	7.0	2.3
Tremor	6.1	2.3
Anxiety	5.3	4.7
Gait Abnormal	5.3	0
Depression	5.3	0
Paraesthesia	3.5	2.3
Ataxia	3.5	0
Mouth Dry	2.6	0
Stupor	2.6	0
Dermatological		
Rash	3.5	4.7
Digestive		
Nausea	34.2	2.3
Anorexia	19.3	2.3
Vomiting	16.7	4.7
Dyspepsia	12.3	7.0
Constipation	11.4	2.3
Diarrhea	5.3	2.3
Abdominal Pain	5.3	0
SGPT Increased	3.5	[illegible]
Musculoskeletal		
Myalgia	2.6	0
Respiratory		
Upper Respiratory Tract Infection	5.3	7.0
Sinusitis	3.5	0
Pharyngitis	2.6	0
Special Senses		
Diplopia	6.1	0
Taste Perversion	6.1	0
Vision Abnormal	5.3	2.3

Children
Treatment-Emergent Adverse Event
Incidence in a Controlled Add-On Lennox-Gasta[illegible]

Body System/Event	Felbatol™ (N=31) %	Place[illegible] (N=[illegible]) %
Body as a Whole		
Fever	22.6	11.[illegible]
Fatigue	9.7	3
Weight Decrease	6.5	0
Pain	6.5	0
Central Nervous System		
Somnolence	48.4	11.[illegible]
Insomnia	16.1	14.[illegible]
Nervousness	16.1	18.[illegible]
Gait Abnormal	9.7	0
Headache	6.5	18.[illegible]
Thinking Abnormal	6.5	3.[illegible]
Ataxia	6.5	3.[illegible]
Urinary Incontinence	6.5	7.[illegible]
Emotional Lability	6.5	0
Mitosis	6.5	0
Dermatological		
Rash	9.7	7.[illegible]
Digestive		
Anorexia	54.8	14.[illegible]
Vomiting	38.7	14.[illegible]
Constipation	12.9	[illegible]
Hiccup	9.7	3.[illegible]
Nausea	6.5	0
Dyspepsia	6.5	3.[illegible]
Hematologic		
Purpura	12.9	7.[illegible]
Leukopenia	6.5	0
Respiratory		
Upper Respiratory Tract Infection	45.2	25.[illegible]
Pharyngitis	9.7	3.[illegible]
Coughing	6.5	0
Special Senses		
Otitis Media	9.7	0

Other Events Observed in Association with the Administration of Felbatol™: In the paragraphs that follow, the advers[illegible] events, other than those in the preceding tables, that occurred in a total of 977 adults and 357 children exposed to Felba[illegible] that are reasonably associated with its use are presented. They are listed in order of decreasing frequency. Because the re[illegible] events observed in open-label and uncontrolled studies, the role of Felbatol™ in their causation cannot be reliably determin[illegible]
Events are classified within body system categories and enumerated in order of decreasing frequency using the [illegible] definitions: frequent adverse events are defined as those occurring on one or more occasions in at least 1/100 patients; i[illegible] adverse events are those occurring in 1/100-1/1000 patients; and rare events are those occurring in fewer than 1/1000 pat[illegible]
Event frequencies are calculated as the number of patients reporting an event divided by the total number of patients [illegible] exposed to Felbatol™.
Body as a Whole: *Frequent:* Weight increase, asthenia, malaise, influenza-like symptoms; *Rare:* anaphylactoid reaction, c[illegible] substernal.
Cardiovascular: *Frequent:* Palpitation, tachycardia; *Rare:* supraventricular tachycardia.
Central Nervous System: *Frequent:* Agitation, psychological disturbance, aggressive reaction; *Infrequent:* hallucination, [illegible] suicide attempt, migraine.
Digestive: *Frequent:* SGOT increased; *Infrequent:* esophagitis, appetite increased; *Rare:* GGT elevated.
Hematologic: *Infrequent:* Lymphadenopathy, leukopenia, leukocytosis, thrombocytopenia, granulocytopenia; *Rare:* [illegible] factor test positive, qualitative platelet disorder, agranulocytosis.
Metabolic/Nutritional: *Infrequent:* Hypokalemia, hyponatremia, LDH increased, alkaline phosphatase inc[illegible] hypophosphatemia; *Rare:* creatinine phosphokinase increased.
Musculoskeletal: *Infrequent:* Dystonia.
Dermatological: *Frequent:* Pruritus; *Infrequent:* urticaria, bullous eruption; *Rare:* buccal mucous membrane swelling, [illegible] Johnson Syndrome.
Special Senses: *Rare:* Photosensitivity allergic reaction.

DRUG ABUSE AND DEPENDENCE
Abuse: Abuse potential was not evaluated in human studies.
Dependence: Rats administered felbamate orally at doses 8.3 times the recommended human dose 6 days each we[illegible] consecutive weeks demonstrated no signs of physical dependence as measured by weight loss following drug withdrawal on each week.

OVERDOSAGE
Four subjects inadvertently received Felbatol™ (felbamate) as adjunctive therapy in dosages ranging from 5400 to 7200 [illegible] for durations between 6 and 51 days. One subject who received 5400 mg/day as monotherapy for 1 week reported no [illegible] experiences. Another subject attempted suicide by ingesting 12,000 mg of Felbatol™ in a 12-hour period. The only [illegible] experiences reported were mild gastric distress and a resting heart rate of 100 bpm. No serious adverse reactions ha[illegible] reported.
General supportive measures should be employed if overdosage occurs. It is not known if felbamate is dialyzable.

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ENC 74

Finding Asthma Relief

continued from page 58

Control and management. There is no cure for asthma, but accurate diagnosis and good management will stave off attacks. Doctors identify triggers by taking a thorough medical history. They may use skin tests or a blood test called RAST to diagnose specific allergies.

Asthma control starts with avoiding triggers. For those with allergies, it's vital to allergy-proof homes, says William Busse, M.D., professor of medicine at the University of Wisconsin.

That may mean parting with a pet or moving the animal outdoors. Bathing a cat weekly will reduce cat dander, the number one cause of pet allergies. Other measures that help: avoid feather pillows, clean moldy surfaces often, and close windows in pollen season.



Pay special attention to taming house dust, which contains a tiny bug called a mite. Mite feces are a powerful allergen for many. Normal vacuuming doesn't eradicate mites. Remove carpeting altogether or treat it with a mite-destroying substance. Seal mattresses and pillows in plastic covers. Wash the patient's bedding often in very hot water.

Studies also link asthma in children to wood stoves and to cigarette smoke. Banish tobacco and other smoke-producers from your home.

"Cutting down on triggers is a top priority," says Dr. Busse. "It means you'll need less medication to control the disease."

In some cases, asthma patients benefit from immunotherapy, or allergy shots. Talk with your doctor if your problems arise from pollen, dust, or dander.

Drugs that work. Treatment for asthma has changed dramatically thanks to advances in understanding the disease. To attack the underlying causes of asthma, physicians have switched the primary goal away from treating attacks. Now, they put most of their energy into combating underlying chronic inflammation. Reducing inflammation decreases the twitchiness or hyper-reactivity of the airways, preventing flare-ups.

A National Institutes of Health panel of experts recommends anti-inflammatory drugs to be the first line of therapy. Today, the arsenal of medications, all of which require prescriptions, looks like this:

•Beta-agonists, such as albuterol (Proventil, Ventolin) and metaproterenol (Alupent), relax smooth muscles surrounding the airway and offer immediate relief for acute attacks. They are commonly supplied by inhalers.

Persons with mild asthma—brief, intermittent symptoms no more than a few times a week—may be able to control their conditions solely with use of these beta-agonists, says Joann Blessing-Moore, M.D., associate clinical professor at Stanford University. Salmeterol, a new, 12-hour version awaiting FDA approval, promises stronger, longer-acting relief.

Patients with serious conditions need to be under a doctor's care and should be careful not to develop an overreliance on beta-agonist drugs for short-term relief. If you have an increasing need to use your beta-agonist inhaler, it could be a warning sign of worsening disease and might indicate a need for anti-inflammatory drugs, Dr. Blessing-Moore says. In any case, keep taking medication until talking to your physician.

•Theophylline (Theo-Dur, Theo 24, and others) also quells acute attacks, but is used less frequently now. Related chemically to caffeine, it can cause intestinal upset and jitteriness, and a person's blood levels must be monitored closely to prevent side effects. Effective for up to 24 hours, theophylline may help patients with nighttime asthma.

•Anti-inflammatory drugs, used daily, are essential for patients who use beta-agonists more than 2-3 times a week, says Dr. Blessing-Moore. Unlike drugs that simply quell symptoms, these medications help heal the lungs and may take several weeks to work. Once anti-inflammatories stabilize a condition, patients often don't require round-the-clock relief from drugs like beta-agonists and theophylline.

WITH GOOD THERAPY, ASTHMA NEED NOT STAND IN THE WAY OF A FULL LIFE.

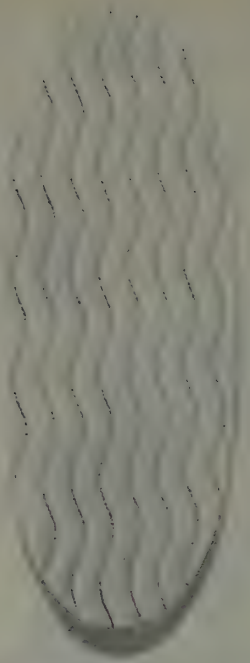
Three anti-inflammatories are used commonly:

Cromolyn sodium (Intal) inhibits the release of chemicals involved in airflow obstruction. Considered one of the safest asthma drugs, it's often the first choice for children as well as adults who need medication, says Dr. Blessing-Moore. However, it may need to be supplemented by other drugs. Minor side effects include a dry or irritated throat and cough.

Nedocromil sodium (Tilade), an inhaled, anti-inflammatory agent, became available last spring. Quicker-acting than cromolyn, it may also be more effective for mild to moderate cases, Dr. Blessing-Moore says.

Corticosteroids (Beclovent, Prednisone, and others), not to be confused with muscle-building anabolic steroids, are the most potent anti-inflammatories. Traditionally reserved for the most serious cases, corticosteroids taken orally or intravenously risk severe side effects, including ulcers and hypertension. Newly developed inhaled

continued on page 66



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Asthma Relief

continued from page 64

versions have a lower risk of side effects, making the drugs suitable for wider use. "Corticosteroids aren't used enough," Dr. Kaliner says. "They could have a dramatic impact."

A promising practice. Asthma experts urge those with moderate-to-severe asthma to monitor their breathing capacity every day with a home peak flow meter. The simple device (under $30 at pharmacies) can be used by children as young as age four to measure respiratory flow. Monitoring can alert patients to breathing difficulties before symptoms appear.

With early signals, asthmatics can adjust medicine and activities accordingly, says John Weiler, M.D., professor of medicine at the University of Iowa. Experts believe that better self-monitoring might prevent many fatal attacks, he says.

Incorrect use of inhalers also handicaps many asthma patients. Only about half of patients follow the specific instructions for proper use of their inhaler, reports a survey of physicians. Follow instructions on inhalers closely and be sure to use an extension tube with them.

A bright future. Not long ago, people with asthma accepted restrictions as a way of life. But few limitations are necessary for most patients now. The NIH panel reports that if you have asthma, your goal should be to sleep through the night, breathe easy each morning, go to work or school regularly, participate fully in physical activities, avoid hospitalizations and emergency-room visits, and avoid significant side effects from asthma drugs.

"The goal should be to function normally, be active, and enjoy life to the fullest," says Dr. Weiler.

For more information. To learn more about asthma, contact:

- Allergy and Asthma Network/Mothers of Asthmatics has pamphlets, a newsletter, and resources for families. 800/878-4403.
- American Academy of Allergy and Immunology, a professional organization for allergists, offers free packets of information on allergies and asthma and a 24-hour referral line for board-certified physicians. 800/822-2762.
- Asthma and Allergy Foundation of America has books, pamphlets, and videotapes. It has 11 chapters and a nationwide support-group network. 800/7-ASTHMA.
- National Jewish Center for Immunology and Respiratory Medicine has nurses who will answer questions about asthma and refer you to recommended physicians. 800/222-LUNG.
- Your local American Lung Association.

Lipstick-Stained S&S Mills Carpet And Young Benjamin Come Clean.

Kathryn Siragusa worried when she found her two-year old son covered with lipstick. Her two-week old light blue S&S Mills carpet was smeared with the same red shade.

"Benjamin was up sick in the night and the two of us fell asleep on our living room couch. When I woke up, Benjamin was already awake. He had red all over him that looked like blood at first. Then I realized it was lipstick and he had colored all over the carpet." Kathryn called our S&S Mills toll-free number and we told her how to get the lipstick out. "I was amazed. It cleaned right up," recalls Kathryn.

How did the Siragusa's choose S&S Mills carpet in the first place?

"We saw the 800 number in an ad, called, and told the customer service representative what style and color we were interested in. They sent a great selection of samples absolutely free and we chose from them."

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"Comparable carpet here was going for 24^{99} a square yard, and we got S&S Mills carpet for less than half that price. Even with installation and shipping, it was such a low price to begin with, we still paid far less than what we would have paid in town."

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Kathryn & Michael Siragusa with daughter Jackie and son Benjamin



fitness matters

GOOD NEWS ABOUT SHAPING UP

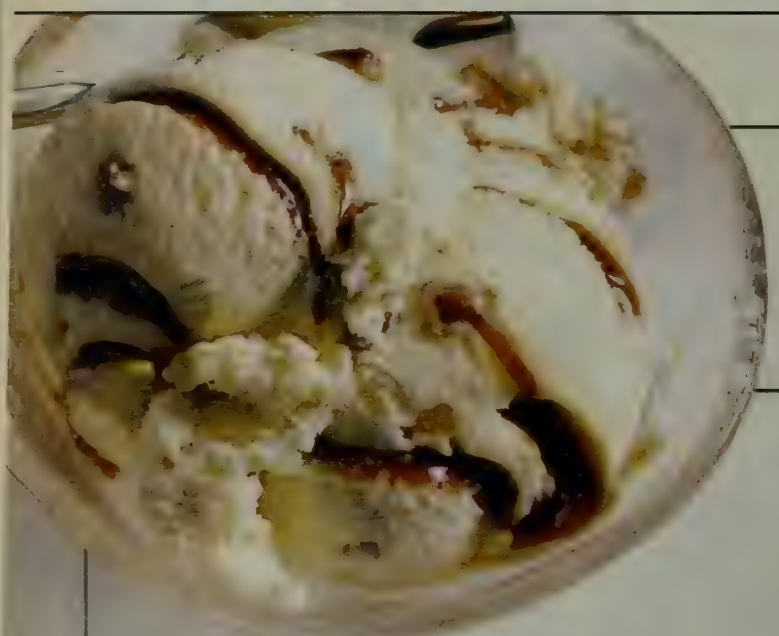


Backache?

Better get back to exercising

"Get out of bed! Exercise!" That's the last prescription you want to hear when your back aches. Sorry to break the news, but the latest medical advice on treating low-back pain is to limit bed rest to two or three days, begin light exercises, and resume your normal daily activities.

Prolonged bed rest causes muscles to weaken and is counterproductive, says Garth Russell, M.D., a representative of the American Academy of Orthopaedic Surgeons. "Activity brings you back to normal two to three times faster than bed rest. We tell patients, 'Rest a week

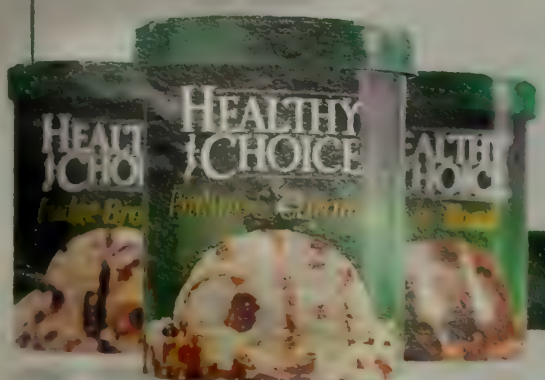


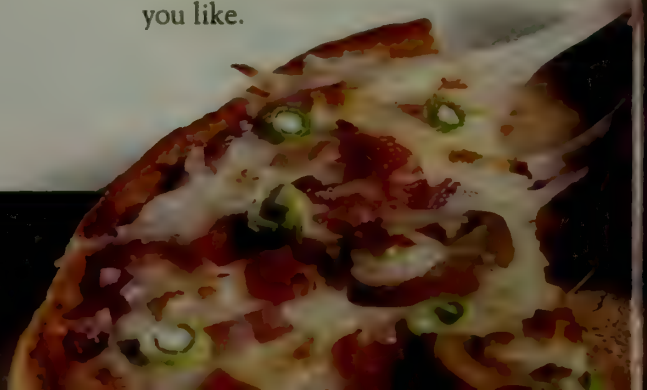


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and it takes you a month to come back.' "

This advice applies to muscle spasms, which cause most back problems. More severe problems involving pain going down the legs (sciatica) require special immediate attention from your doctor, says Russell.

Here are six exercises that can help you come back from back problems. (Check with your doctor before starting, just to be safe.) Repeat the exercises five times, and try to do them daily.

Wall slides. Stand with your back against a wall, feet shoulder-width apart. Slide into a crouch; knees are bent to about 90 degrees. Count to five and slide up.

Leg raises. Here are two sets of exercises, one for backs, the other for abdominals. For back muscles, lie on stomach. Raise one leg and hold it up for a count of 10. Repeat with other leg.

To strengthen abdominals, lie on back and raise one leg three feet and hold for a count of 10. Repeat with other leg. An easier way: Keep one leg bent and the foot flat on floor while raising other leg. Or, sit in a chair and lift one leg waist high.

Partial sit-ups: Lie on back, knees bent. Slowly raise head and shoulders. Reach to your knees. Count to 10.

Back leg swings. Hold onto the back of a chair. Lift one leg back and up. Return slowly. Do other leg.

Knee pulls. Lie on back. Raise knees and gently pull them to your chest.

Tummy stretches. Lie on stomach, hands under shoulders. Push up, raising top half of your body, keeping your back straight and your hips and legs flat on floor. Hold two seconds. Do this while standing by placing

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fitness matters

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hands in small of back. Bend back at waist and hold for two seconds.

For a free "Lift It Safe" brochure, call the American Academy of Orthopaedic Surgeons toll free at 800/824-BONES.

Redesign Bike

For those inclined to recline

Take a laid-back approach to bicycling with the new ReBike. This innovative design puts the rider into a semi-recumbent (reclining) position.

ReBike was not designed for racing or for rides across mountainous states, but if you want comfort as you do day trips or shorter spins about town, it's a bicycle built for you, says the bike's designer, Kathie Skewis.

Skewis, a recreational cyclist, fashioned the bike t counter the headaches and back and neck problems sh got from riding standard bikes. On a ReBike, you s with legs and arms in front of you, not beneath. Th ReBike, however, does not recline as much as othe recumbent bikes. A padded, upright backrest attached t a wide seat protects you from back, neck, and rump discomfort. High handlebars take the pressure off your wrists, and wide tires absorb shock.



The seven- or the



It's all there. Delicious honey ham, roasted turkey breast and bologna in deli-thin and regular slices. And favorite deli meats sliced fresh at your deli counter.

18-speed ReBike can be tricky to steer at first, but most riders adjust quickly. For those who prefer extra stability, a three-wheeled ReTrike is available.

ReBikes retail for $450 and up at many bike shops. Call 407/750-1304 for more information.

Strengthen a Point

Rock away the risk of leg injury

This new product may be a bit of a stretch, but that's good. ProStretch is a small rocking device designed to stretch leg muscles, especially in the calf, in a controlled fashion. The result is improved balance and increased strength and flexibility in the legs and feet. Using the device regularly may prevent injuries, but it is most commonly used in rehabilitation.

The device is endorsed by several prominent athletes and medical experts, and is used by pro athletes and weekend warriors to treat or prevent Achilles tendinitis, cramps, plantar fasciitis, and other lower-leg ailments. If you're recovering from this sort of injury, ask your doctor about using ProStretch. You can order ProStretch products ($29.95 and up) by calling toll free 800/535-3629.



Train for the Brain

Elderly improve mentally with exercise

Evidence from the Psychology Department at the University of Illinois suggests that aerobic exercise can

continued on page 72



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You can bite into a juicy hot dog anytime. They're made with fine, lean meat but only one-fifth the fat.* To top it off, we even supply the tangy ketchup. Go ahead. Eat what you like. The Healthy Choice® way.



*Compared to leading brand's line average.

fitness matters

continued from page 71

slow, or even reverse, some of the mental decline associated with aging.

The study involved two groups of sedentary people in their 60s and 70s. One group—the nonexercisers—read weekly newsletters on health and nutrition. The other group—the exercisers—read the same literature, but also swam for 45 minutes three times a week for ten weeks.

Before and after the ten weeks both groups were given tests to measure visual and auditory processing.

When the visual and hearing tests were given separately, both groups scored equally well. But when both tests were presented together—"akin to such real-life situations as driving a car and talking at the same time," says Art Kramer, Ph.D.—the exercisers were 15 to 20 percent faster and more accurate in their responses.

Why the difference? More research is planned, b Kramer suspects exercise causes increased blood flo and amounts of oxygen to reach the brain. Kramer ca tioned that exercise won't improve all mental function "But there was an improvement in the multiple task divided attention functions despite the fact that the people hadn't exercised until the program began."

Give Your Laces a Tune-Up

More than one way to tie a shoe

Don't be so straight-laced, especially if your fitne shoes don't fit quite right.

That's the word from Tom Brunick, a self-describe "shoe geek" and Director of The Athlete's Foo WearTest Center in Naperville, Illinois.

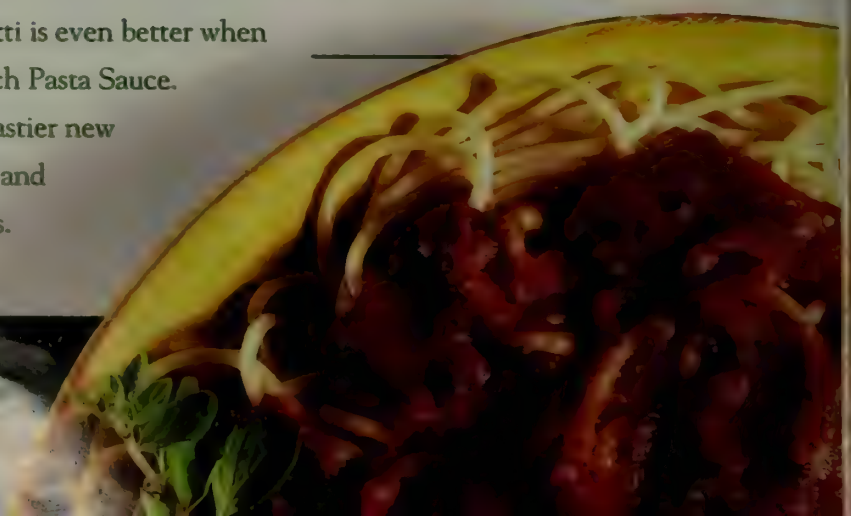


Imagine. Tender turkey, mushrooms and rich, brown gravy on a bed of rice pilaf. Our luscious Country Roast Turkey and Mushrooms is just one of many favorite meals that will indulge your tastes.

You really can

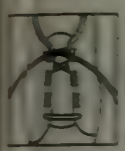
Believe it. Spaghetti is even better when made with our rich Pasta Sauce. Now with a tastier new blend of garlic and special herbs.



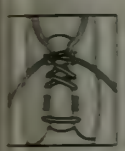




The basic lacing system, called the crossing style technique, doesn't always address such common foot peculiarities as a heel spur, bunion, wide forefoot, high instep, narrow heel and foot, and having one foot shaped slightly different than the other. Perhaps one of these four techniques will help you get the fit you need:



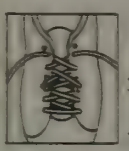
•For a high instep. Cross-lace through the bottom eyelets. Don't cross again until you're at the top eyelets, where you cross-lace and tie.



•For a wide forefoot. Cross-lace through the bottom eyelets. Don't cross at the next two eyelets—the widest part of the shoe. Higher up, use the standard crossing style technique.



•For heel slipping. Use the crossing style technique until you come to the top two eyelets. Lace from the second to the top eyelets on the same side, which creates a small loop on each side. Run each lace's free end through the loop on the opposite side, then tie the ends in the normal fashion.



•For a narrow foot. Use the loop-lace technique for extra support at adjacent eyelets in the mid-foot area.

Brunick warns that these techniques are for "fine-tuning, not for replacing a bad fit." To help you get a good fit, pick up a free pamphlet, "How to Choose Footwear," at any of The Athlete's Foot stores or send an SASE to The Athlete's Foot WearTest Center, 450 S. Brainard St., Merner Field House, Naperville, IL 60566.





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Order roses by May 1, 1994, to guarantee delivery for Mother's Day.

YOU CAN HELP YOUR KIDS

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Develop Your Child's Talents Through Reading

Books can help your child discover and develop special strengths—and you can lead the way. These 10 classroom-tested ideas, offered by seasoned educators from around the country, will show you how.

The trick, these experts say, lies partly in knowing which books to share with your child. The rest comes from knowing just how to share the books you pick. Here are their tips:

1. Be a Matchmaker. "Trust your instincts and choose books that build on your child's interests and talents," says Beverly Hoeltke, a teacher of kindergarten through second grade at the Key School in Indianapolis, Indiana. A young child who likes to sing, for example, should love a book like Raffi's *Baby Beluga* (Crown, 1990). Kids who like to express themselves physically will enjoy books they can act out, such as Jean Marzollo's *Pretend You're a Cat* (Dial Books for Young Readers, 1990). "Remember that interests change and new talents emerge as a child grows," Hoeltke adds. "So stay open to an ever-changing menu of literary offerings."

2. Make Your Child the Expert. How do you avoid investing too heavily in a passion that turns out to be short-lived? Third- and fourth-grade teacher Cherylann Parker, who teaches at the Fuller School in Gloucester, Massachusetts, has a solution: Insist that your child read deeply about that interest before you spend a dime. "Suppose your child wants to set up an aquarium or take up the tuba," says Parker. "Before hitting a pet shop or music store, borrow books that will make your child an 'expert' on tubas or tropical fish. Then, help your child decide whether this is an interest worth pursuing big-time."

3. Write to Discover. Let key interests bubble up out of writing together. "If you go on a trip

Continued on page A10



Tear out and save!



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Going Beyond I.Q.

Dr. Howard Gardner is a man with a mission. The author of *Multiple Intelligences* (BasicBooks, 1993), he wants teachers and parents to help children grow beyond the three R's. His research at Harvard University suggests that humans have many different kinds of intelligence, and that standard IQ tests measure only two of them. "A very important kind of intelligence is understanding other people," he says. "There's no way you can gauge that with a paper and pencil test."

How can parents help kids develop powers not measured at school? "By exposing them to materials that nourish the range of individual strengths, from musical intelligence to the ability to understand oneself," he says. "This way, children can find areas where they have interests, can learn and eventually can accomplish something."

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SURVEY SUGGESTS

Ways to Create Lifelong Readers

A LETTER TO PARENTS

Dear Parent:

At Chrysler Corporation, we know our success depends on the decision-making skills of all our people.

In the future, your child's success will no doubt depend on the ability to solve on-the-job problems.

We know sound decisions come from informed people—from readers. That makes the printed word more important than ever.

How can we help today's children become world-class decision-makers? Clearly the place to start is at home.

With our partners, the American Federation of Teachers and the Association for Supervision and Curriculum Development, we have filled the next few pages with ideas on ways families can create lifelong learners.

We hope you use the ideas to help your child develop vital reading, thinking and problem-solving skills.

Robert J. Eaton
Chairman
Chief Executive Officer
Chrysler Corporation



Question: What happens when children pass their eighth or ninth birthdays and their parents stop reading aloud to them?

Answer: The children's interest in reading wanes, and so does their enjoyment of it.

This unsettling finding comes from the second *AFT-Chrysler Report on Kids, Parents and Reading,* which is based on a nationwide survey of young people aged nine to 17. To determine interest in reading, youngsters were asked which of five activities would be hardest to give up for a week. Nine- to 11-year-olds put playing sports first, reading second. Fifteen- to 17-year-olds, on the other hand, put reading dead last. Their preferences: playing sports, talking on the phone, listening to music and playing video games.

Reading differs from these diversions in that it's usually done alone. "For both sexes," says Dr. Frederick Hartwig of Peter D. Hart Research Associates, which conducted the survey, "socially interactive activities top the list." For older students, these activities dominate the list.

Like interest in reading, the enjoyment of reading tends to taper off as children get older. Nearly three-quarters (71 percent) of the youngest children said they enjoyed reading. But less than half (44 percent) of the oldest children shared that enthusiasm for the printed word.

Fortunately, the survey produced a lot of encouraging news, including guidance on how to get young people involved in reading. For one thing, most of the young people in the survey read mainly for pleasure. "So one key to increasing young people's reading," Dr. Hartwig concludes, "is to put them in touch with reading materials that promise an enjoyable experience."

This shouldn't be hard to do. The survey found that young people are drawn to a wide range of book topics. "Girls," Dr. Hartwig says, "are especially interested in stories about people their age. Boys are especially interested in stories about sports and athletes, and in history and the people from the past."



Most young people also expressed interest in magazines on sports, music and entertainment. And even children who rarely read on their own revealed a liking for mysteries and detective stories. "Books and magazines with the right focus," Dr. Hartwig points out, "can be used to entice infrequent readers to continue developing their skill with the written word."

Where reading is concerned, no one can be more enticing than parents. In fact, the kids who enjoy reading the most tend to describe their parents as highly involved with their development as readers.

"When their children were little, these parents read to them every day," Dr. Hartwig says. "They continue to read books, magazine articles and newspaper stories aloud even after their children can read on their own. And they actively encourage their kids to read. Family involvement like this is the single most effective way to keep young people interested and involved in reading."



SUPERSTOCK

Rate your family's DQ.

(Discovery Quotient)

Do you encourage the kinds of learning adventures that will help your child develop special interests and strengths? Take this true-false quiz to find out!

1 Everyday activities offer real opportunities for learning and discovery.
❑ True ❑ False

2 The quickest way to dampen the enthusiasm of children is to urge them to take up activities you feel could help them develop their interests.
❑ True ❑ False

3 Private lessons are the best way to nurture a child's creativity.
❑ True ❑ False

4 It's unwise to let children help adults with daily tasks, even if they want to, because it will only frustrate them.
❑ True ❑ False

5 When it comes to helping children discover their strengths, unstructured play time is essential.
❑ True ❑ False

6 Though lots of first-rate books focus on adult interests and hobbies, young readers have few good choices in this area.
❑ True ❑ False

7 You can learn a lot about your child's unique interests and strengths by joining in on some of your youngster's favorite activities.
❑ True ❑ False

ANSWERS

1. True. Your child's sense of wonder can be the basis for countless learning experiences. Does the appearance of earthworms after a rainstorm fascinate your child? Then help start an earthworm "farm" that will introduce scientific skills like observation and making predictions. The result could be a lifelong interest in science!

2. False. "Children have to develop their own sense of direction," says Dorothy Rich, head of the Home and School Institute, "but we can show them some ways to light the fire." The trick, she says, is to seek not one but several ways to further your child's interests.

3. False. Costly individual lessons are rarely needed to develop a child's creativity. Scouting and local resources like the YMCA/YWCA offer inexpensive programs in everything from drama to computers. And remember to expose your child to your talented friends. Quilters, drummers, software designers, volunteers with the homeless—adults with talents like these can inspire children to pursue their own interests.

4. False. Experts point out that children learn skills and values by imitating adults—something that's hard to do if children are prevented from taking part in adult tasks. Letting your child help plan a dinner, for example, can provide practice in math and decision-making. And it may even let your child discover a real knack for cooking.

5. True. Play is a key source of learning. "Play and playthings encourage mastery," says Joan Bergstrom, author of *School's Out—Now What?* "For children six to 12," she says, "play provides opportunities to develop and perfect skills, to rehearse future behaviors and to solve problems."

6. False. Nonfiction books for children are more plentiful and absorbing than ever. To find great books on your kid's interests, check out a basic resource like *Best Books for Children,* by John Gillespie and Corinne Naden. It's available in most libraries.

7. True. "Even if you don't delight in the actual activity, you can enjoy your child's exuberance and exhilaration," says Dr. Stanley Greenspan, author of *Playground Politics: Understanding the Emotional Life of Your School-Age Child.* Visit a museum's fossil collection with your dinosaur fanatic—and ask what she knows. Let your baseball player give you batting tips. You're sure to discover talents and abilities you weren't aware your child possessed.

SCORING YOUR FAMILY DQ

- **1 - 3 correct:** Novice Level—but sure to rise fast as you foster your child's interests with ideas suggested here.
- **4 - 6 correct:** Well Above Average.
- **All 7 correct:** Exceptional!

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Books to Lift Your Child's Sights

Children wondering what they're good at should be encouraged to dream big dreams. Here's a stack of titles that will prompt young readers to broaden their interests and take them as far as they can go. The list was chosen by Judy Freeman, librarian at Van Holten School in Bridgewater, NJ, and author of *Books Kids Will Sit Still For: The Complete Read-Aloud Guide* (R.R. Bowker, 1990).

Amazing Grace, by Mary Hoffman (Dial, 1991 [P]).

My Buddy, by Audrey Osofsky (Henry Holt, 1992 [P]).

Squirrel Park, by Lisa Campbell Ernst (Bradbury, 1993 [P]).

Your Dad Was Just Like You, by Dolores Johnson (Macmillan, 1993 [P]).

Chicken Sunday, by Patricia Polacco (Philomel, 1992 [P/I]).

Mirette on the High Wire, by Emily Arnold McCully (Putnam, 1992 [P/I]).

The Rough-Face Girl, by Rafe Martin (Putnam, 1992 [P/I]).

Song Lee in Room 2B, by Suzy Kline (Viking, 1993 [P/I]).

Here's Hermione, by Sheila Greenwald (Little, Brown, 1993 [I]).

The Houdini Box, by Brian Selznick (Knopf, 1991 [I]).

My Name Is María Isabel, by Alma Flor Ada (Atheneum, 1993 [I]).

My Sister Annie, by Bill Dodds (Boyds Mills Press, 1993 [I]).

Rosie Swanson, Fourth-Grade Geek for President, by Barbara Park (Knopf, 1991 [I]).

Yang the Youngest and His Terrible Ear, by Lensey Namioka (Joy Street/Little, Brown, 1992 [I]).

Almost Famous, by David Getz (Henry Holt, 1992 [I/U]).

Come Back, Salmon: How a Group of Dedicated Kids Adopted Pigeon Creek and Brought It Back to Life, by Molly Cone (Sierra Club/Little, Brown, 1992 [I/U]).

The Gift of the Girl Who Couldn't Hear, by Susan Shreve (Tambourine, 1991 [U]).

The Giver, by Lois Lowry (Houghton Mifflin, 1993 [U]).

Paintings of Wang Yani—China's Extraordinary Young Artist, by Zheng Zhensun and Alice Low (Scholastic, 1991 [I/U]).

Talking with Artists, by Pat Cummings (Bradbury, 1992 [P/I/U]).

Age Level Key: [P]=Primary, ages 4-7; [I]=Intermediate, ages 7-10; [U]=Upper, ages 10-14

Libraries Shape Lives

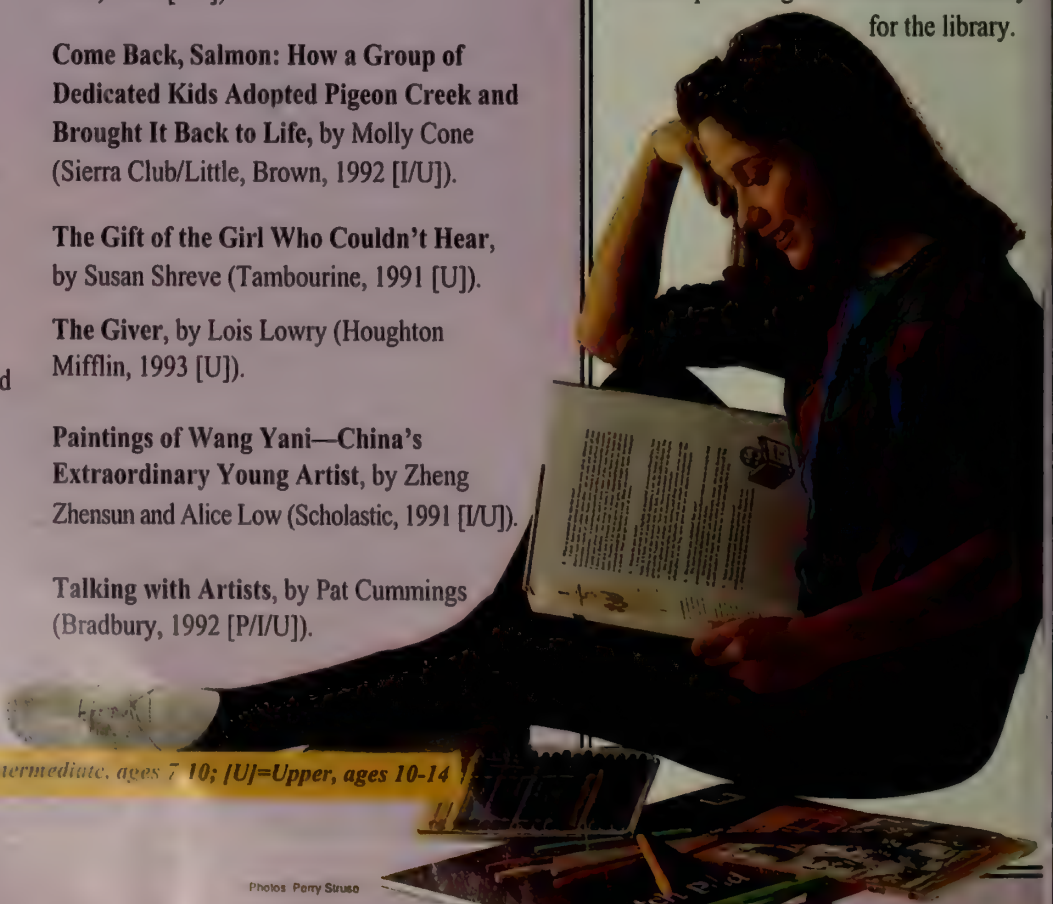
Is your kid entranced by dinosaurs, turned on by sports, drawn to drawing or tickled with riddles? Regular family trips to the library can spark lifelong interests and maybe even inspire careers. To help your child get a lift from a library, try these sure-fire ideas for family involvement.

•Sign up your child for story hours at the public library. These fun events will give you clues on the kinds of books your kid loves.

•Browse with your child through both fiction and nonfiction shelves. Challenge your child to uncover at least one amazing fact every day in books brought home. Trade trivia at mealtimes to work up a hearty appetite for more books.

•Become a volunteer at your school or public library. You'll get a head start on the latest books to share with your child.

•Help organize a yearly book fair—a fine way to promote reading while providing new books and money for the library.



Photos Perry Struse

Put it in Writing!

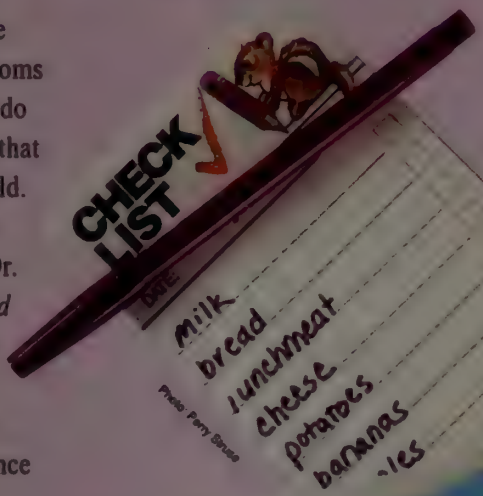
hat makes a child a reader? Part of the answer is writing—the writing that moms and dads do, the pretend writing kids do in imitation, even the journal writing that helps older kids think about their world.

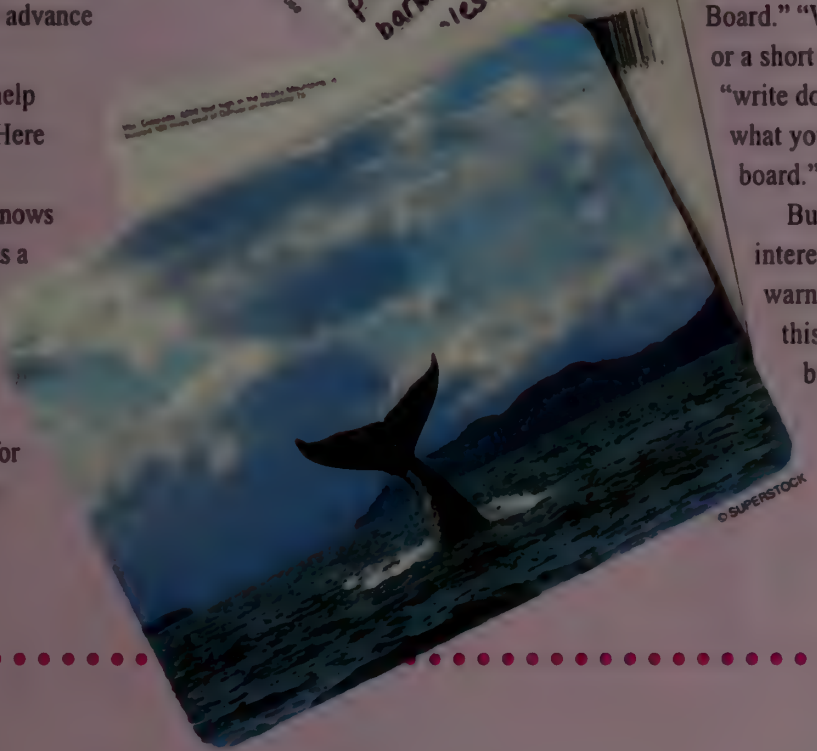
"Reading, writing and speaking are not independent processes," explains Dr. Harvey Wiener, the author of *Any Child Can Read Better* (Bantam, 1990). "All three are spokes on the wheel of language. Every language experience a child can tap into helps that child advance as a reader and thinker."

How can you use writing to help your child improve as a reader? Here are five solid suggestions:

•Help your child write all he knows about a subject just before he reads a passage about it. "This way," Wiener says, "you heighten the child's awareness, interest level and motivation."

•Help your child write labels for her drawings. You'll help her link word pictures to real pictures.





•Invite your child to write letters and postcards and to help you make shopping lists. "You'll show your child the place writing has in our everyday lives," Wiener explains.

•If certain topics tend to raise the decibel level around your home, exchange notes about them. You'll be amazed at how writing can calm arguments and lead to thoughtful, fair solutions.

•Put up a "Reading Bulletin Board." "Whether it's an article, a book, or a short story," Wiener explains, "write down two sentences describing what you read and pin the note to the board."

But don't expect kids to keep interested if only they take part, he warns. "Mom and Dad have to do this, too, so that the bulletin board becomes a kind of collection of the family's experience with language."


Photo: Steve Diamond

What book from your childhood helped shape your life?

MAYA ANGELOU, writer: "Besides the Bible, I'd have to say *The Tale of Two Cities* by Charles Dickens. It deals with the whole range of emotions as a continuous painted mural." Read aloud to her, this novel opened her eyes to the beauty of words. Millions would make a similar discovery decades later when Angelou read her poem at President Clinton's inauguration. **RICHARD W. RILEY**, U.S. Secretary of Education: "A biography of Thomas Jefferson. Jefferson linked democracy to educational progress and opportunity. I still believe quality education is the key to our success as a democratic nation."

GLORIA ESTEFAN, singer: "My favorite book in elementary school was *Charlotte's Web* by E.B. White. Every day I read for enjoyment. Reading takes me away from my everyday life and allows me to see other places and learn to understand other people unlike myself. There is no better hobby than reading!"

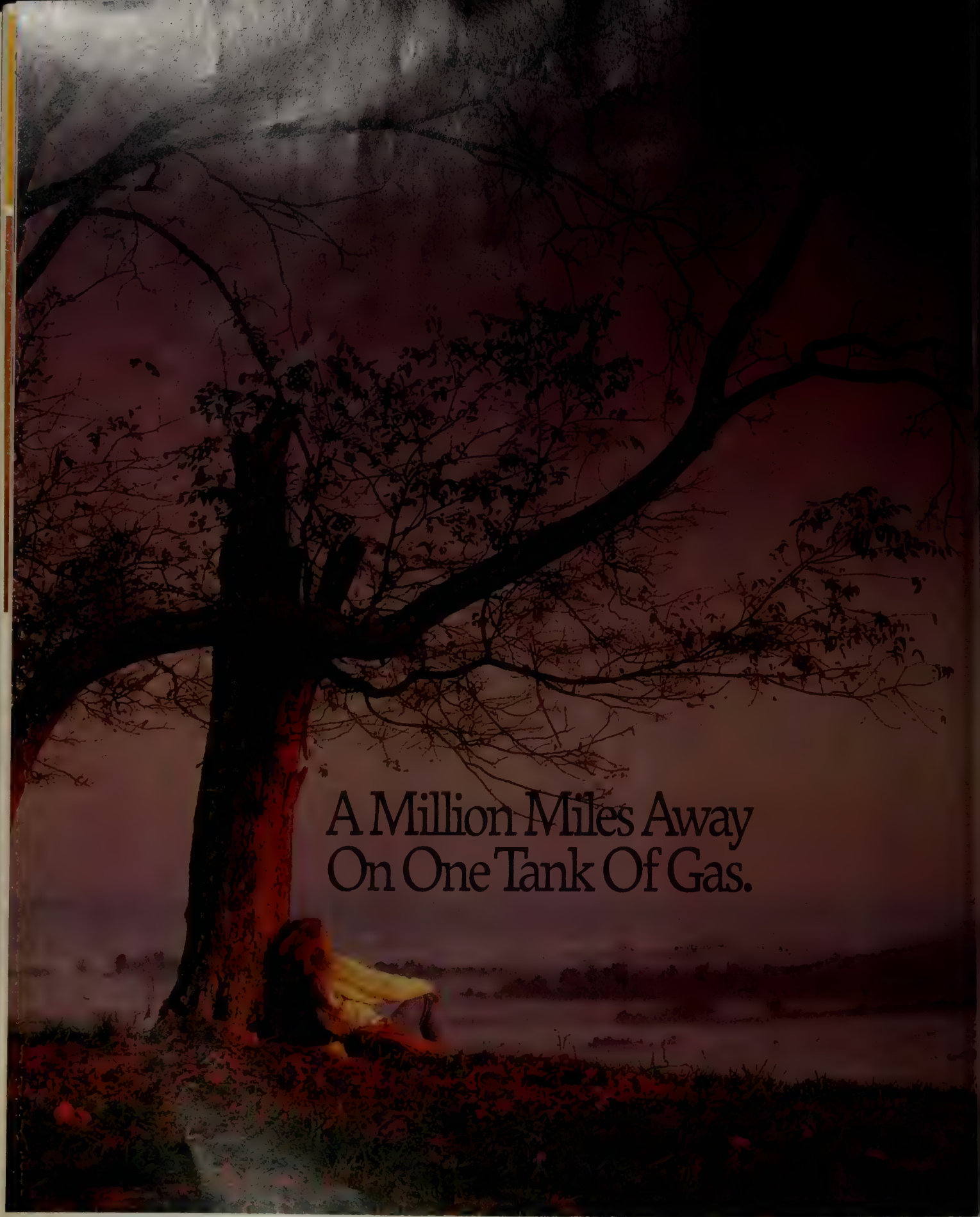

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THOM JONES, writer: "W.H. Hudson's *Green Mansions* carried me right out of my home environment in Aurora, Illinois, into a new world." Today, readers of his story collection *Pugilist at Rest*, nominated for a National Book Award, praise its power to lift them to new levels of reality.



Photo: Steve Bloom

THE BOOK THAT MOST INSPIRED ME AS A CHILD



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TALENTS
through Reading

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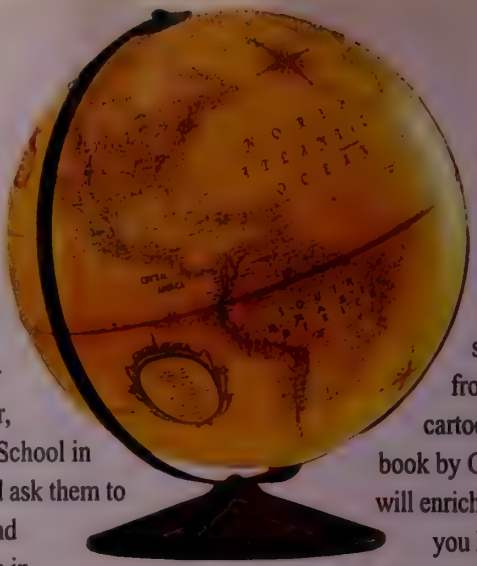
together, take snapshots," says Pat Morales, principal of the Peabody Charter School in Santa Barbara, California. "Put them in an album and write captions for them. When you go shopping, draw up lists together. Don't miss any chance to help children feel the power of the written word!"

© SUPERSTOCK



4. Make Room for Dad. "I always urge fathers to read with their children," says Joan Webb, who teaches third grade at the Armstrong Elementary School in Dallas, Texas. "When fathers do some of the reading aloud, choosing books on topics they care about, kids and fathers have a chance to see each other in a new light. These sessions provide kids with another way to reflect on what *they* care about and can do well!"

5. Share the News. "Read newspaper articles with your child," suggests Huck Fitterer, principal at the Aztec Elementary School in Scottsdale, Arizona. You'll be surprised how much can be done with a game based on a simple news story. "Take turns trying to stump each other with questions that begin with *who, what, when, where, why* and *how*," he says. "Your child will begin to develop questioning and information-seeking skills needed for exploring his or her interests and abilities."



6. Read Back and Forth. "Turn off the TV and read aloud to your kids, no matter what their ages," advises Tom Hoerr, director of the New City School in St. Louis, Missouri. "And ask them to read to you. Read back and forth with the other adults in the house, too. Then talk about what you read. This way," he explains, "reading becomes a public activity that can help children think about what they're good at and what they want to strengthen."

7. Follow Up with Creativity. "Help your child use stories and books as springboards to personal expression," suggests Sue Metz, a music specialist at the Rio Linda Union School District in California. After reading a fairy tale, for instance, you might encourage your child to retell it.

"The trick here," Metz says, "is to offer gentle suggestions and follow your child's lead. Your child may want to draw a picture of the story, act it out with costumes and props or build a castle with blocks."

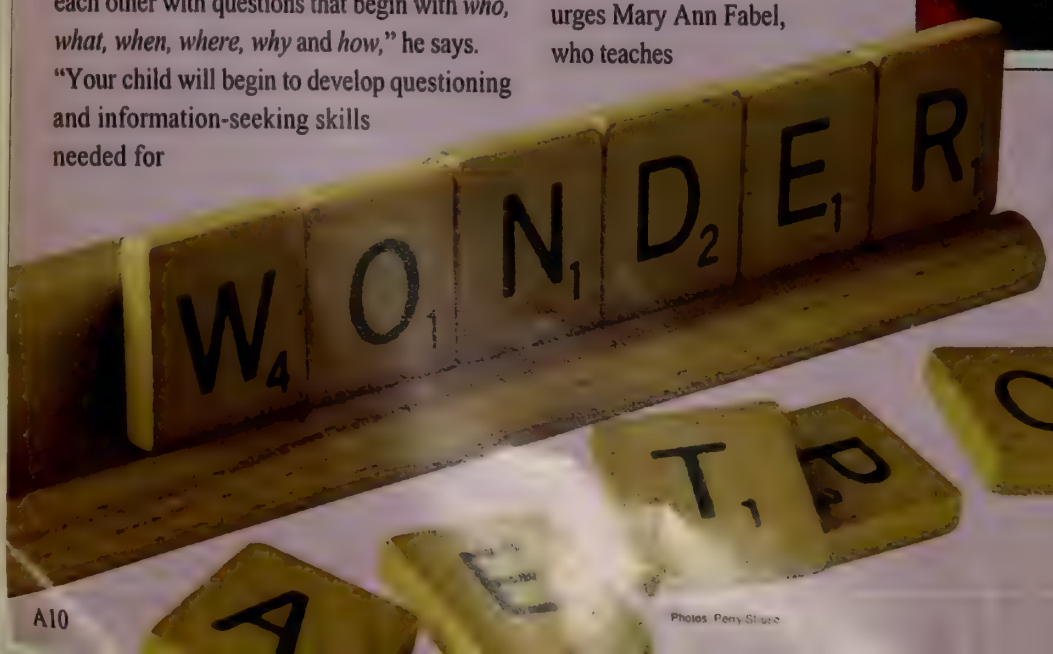
8. Respect Your Child's Choices. What if your child prefers comics to classics? "Respect your child's choices," urges Mary Ann Fabel, who teaches third and fourth grade at the Clara Barton Elementary School in Minneapolis, Minnesota. "My own son," she notes, "moved from Matt Groening cartoons to reading every book by Gary Paulson. Reading will enrich children's lives only if you help them make that discovery themselves."

9. Index Your Child's Reading Gains. A treasure chest of book titles can build self-esteem while helping children find what interests them. All you need, says Priscilla Ribeiro-Perdomo, an eighth-grade teacher at the Driftwood Middle School in Broward County, Florida, is an index box, a pack of index cards and a steady stream of read-alouds. "Jot down and file the title of every book you read with your child," she advises. "This lets you log your child's reading progress and in the process help uncover topics of real interest."

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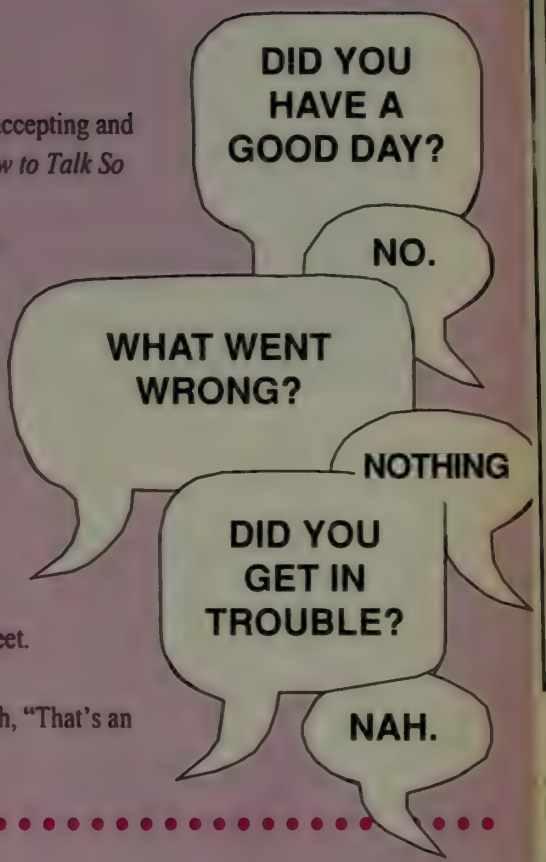


10. Profit from a Valuable Resource—Your Child's School. "All parents should make more use of schools and teachers as resources for exploring and nurturing their children's talents," says Helen Schmisseur, principal of the Lake Elementary School in Granite City, Illinois. At Lake, she's making her advice easy to follow with the help of a $1,000 Family Reading Grant from Chrysler Corporation. The grant—one of 50 awarded last year—will help her launch a family reading club and a lending library of books and audio tapes for parents to tap into. "With reading," she says, "anything is possible."



Photos: Perry Struse

How to *Talk* to Your Kids



How can you express yourself in a way that gives your child freedom to grow? "Begin by accepting and respecting your child's feelings," says Adele Faber, co-author with Elaine Mazlish of *How to Talk So Kids Will Listen and Listen So Kids Will Talk* (Avon).

If your child says, "I can't do math," resist the urge to respond with, "Oh, yes you can!" Faber vises. You're more likely to keep the dialogue going if you say, "Math can be hard. Show me here you're stuck."

Here are some other tacks Faber suggests to help you keep the lines of communication open:

• Most children just clam up when confronted with questions like, "What did you do in school today?" You're more likely to find out what you want to know with a simple "Welcome home." In a warm, accepting environment, the dramas of the day will come out.

• Encourage a spirit of inquiry with questions like, "What could that woodpecker be doing?" Make the search for an answer as important as the answer itself.

• Invite your child to take charge of fun jobs that are appropriate to your child's age. When walking to the store, for example, you might say: "We need to make a right on Elm Street. You lead the way."

• Avoid instant answers that can smother your child's impulse to explore. Invite reflection with, "That's an interesting question. What do you think?"

PASS-PORTS

lomemade books that nspire probing can elp your child iscover interests nd abilities. Begin vith these simple ooklets.

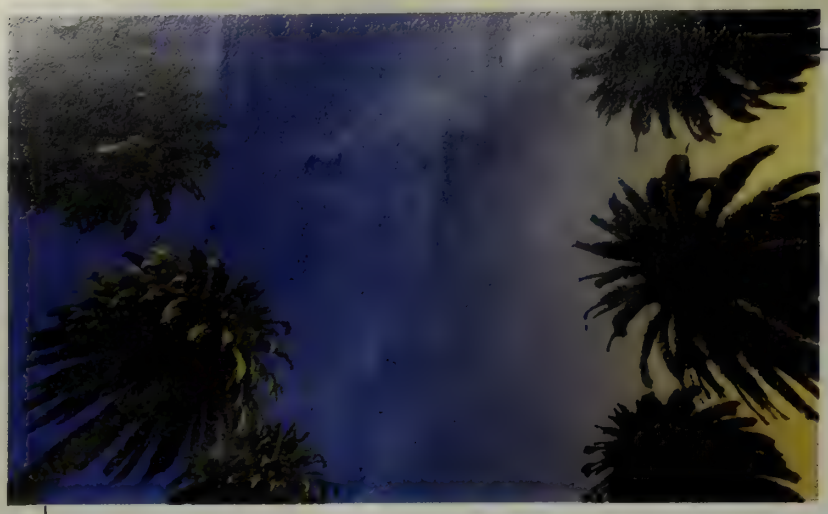


Photo: Perry Struse

Shape Book: Make booklets in shapes that reflect your child's interests. If your child is curious about prehistoric creatures, for instance, design a dinosaur-shaped booklet. Cut out rocket-shaped pages if your child is spellbound by outer space. Use drawing paper for inside pages and poster board for covers. Read more about your child's chosen subject together, then note the exciting things you've learned in the shape booklet. *Hint:* Help your child refer to a commercially published book for tips on design, including placement of copyright page, dedication page and so on.

Mini-Journal: Put together two pieces of ruled 8 x 10-inch paper. Fold in half and then half again. Cut away the second fold and staple along the remaining one. Have your child design a cover. Each day, ask your child to write—or dictate—a two- or three-line description of something interesting: an odd bug, a new sports record, maybe a fact uncovered in a school lesson. From time to time ask your child to select a favorite entry. Provide reading material that can help your child explore this interest. *Hint:* Keep a journal yourself. Your example will encourage and support your child's efforts.

For Older Children: Journals are natural places to explore thoughts, feelings and experiences linked to personal interests. A budding writer might jot down story ideas or poems. Young Picassos might note their reactions to children's illustrators, cartoonists and their personal artwork. Composition notebooks make inexpensive journals for older children.



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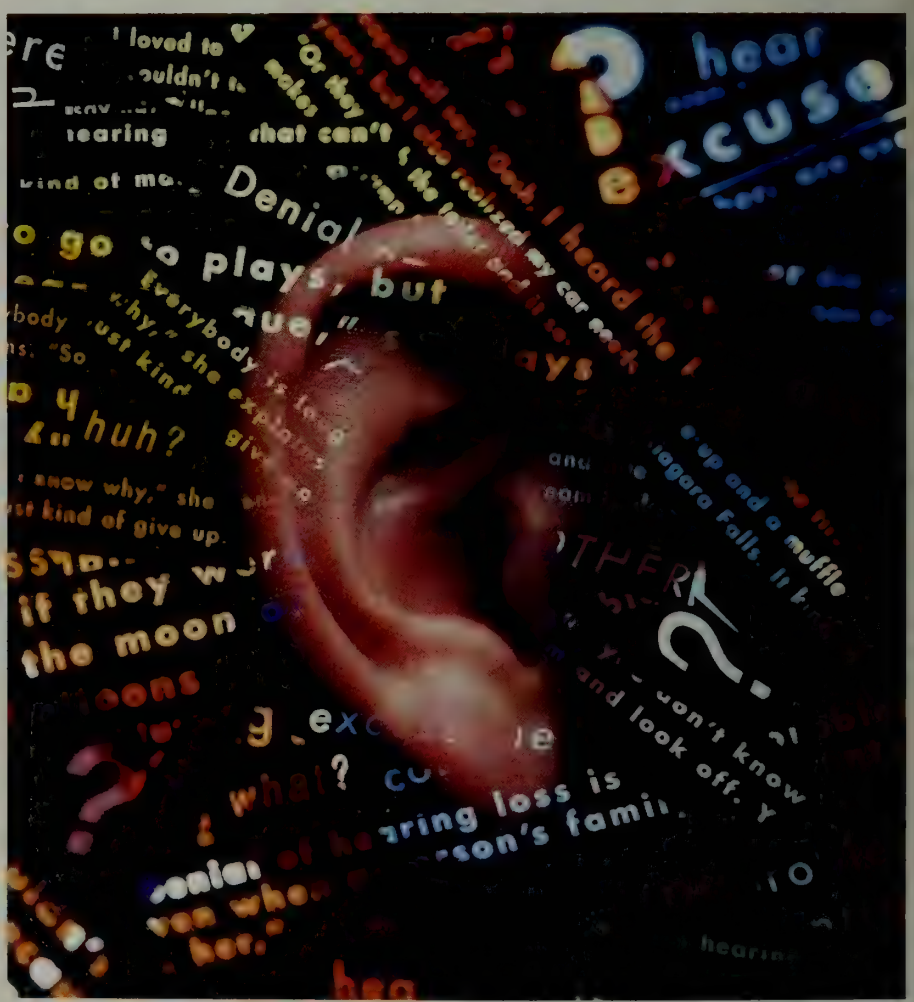
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by Gary Legwold

Now Hear This

It's never too early to start saving yourself from the daily threats to your hearing.



Julie Triftshouser was only in her late 20s when time began taking away one of her precious senses. "I loved to go to plays, but I couldn't hear dialogue," she says. "I couldn't tell if they were saying, 'Go fly to the moon' or 'So buy me some balloons.' "

Dinner out with friends was often difficult. Background noise made it impossible to follow conversations. "Everybody is laughing and intent, and you don't know why," she explains. "So you daydream and look off. You just kind of give up."

Julie eventually found help for her problem. Indeed, with today's treatments, most of the 22 million Americans who live with hearing loss could find relief.

Many causes. Though the result is the same, hearing loss has many causes. In conductive deafness, sound is not properly conducted from the outer ear to the inner ear. The culprit may be earwax, a perforated eardrum, or an infection leading to fluid buildup within the ear. Less common are problems with the tiny hearing bones behind the eardrum.

A second type of deafness occurs when hearing nerves fail. Nerve deafness often develops slowly, so individuals may not realize that their hearing is deteriorating. Most people experience some nerve deafness as they age. Too many people are speeding up this aging process by exposing themselves to daily doses of loud noise.

Among doctors, this premature hearing loss is often called rock and roll deafness, but loud music is only one villain. Any regular exposure to loud noises—in factory settings or on construction sites, for example—can lead to nerve deafness. Heredity may also play a role.

Other causes include auditory nerve tumors, a sudden loud noise, medications, viral infections, and Ménière's

continued on page 78



When someone in the family experiences hearing loss, they aren't the only ones to experience frustration. Have you noticed a loved one: *Missing parts of conversations? Asking people to repeat themselves? Having special trouble with certain letters or sounds? Turning up the volume on the TV?*

If so, you can help them – and yourself – by encouraging them to find out about a hearing aid. More than x million Americans enjoy improved hearing – and better lives – with hearing aids. And the power source ey rely on most is Rayovac.

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Now Hear This

continued from page 76

disease, which causes increased fluid pressure inside the ear. Some babies are born with a damaged auditory nerve, often because the mother had German measles in pregnancy. Jaundice can cause deafness in infants.

Treatments. Relieving conductive deafness can be as simple as getting the wax out of your ears. Have a doctor do it or use a drugstore syringe-and-solution kit. Don't use a cotton swab, a paper clip, a golf tee, or any other item that will fit in your ear. You might scratch the skin and cause infection, says Edwin M. Monsell, M.D., Ph.D., head of the Division of Otology and Neurology at Henry Ford Hospital in Detroit.

For hearing loss caused by the congestion of colds and flu, try an over-the-counter decongestant. A doctor can prescribe medications if these decongestants don't help.

In children, repeated bouts with ear infections can lead to permanent hearing loss. If several months of antibiotic treatments fail to clear up infections, your doctor may suggest inserting a tiny tube through the eardrum to drain the blocked area. The tube eventually works out by itself, and the hole heals.

For severe nerve deafness, when even the most powerful hearing aids don't help, the newest treatment is the cochlear implant. These tiny devices contain electrical wires that perform the sensory function of the damaged hairlike nerves within the cochlea.

Hearing aids. The most common remedy for nerve deafness is a hearing aid. As the nerves gradually lose sound-sensing capabilities, hearing aids compensate by amplifying sound.

Basic hearing aids start at about $500 each. Programmable aids ($2,000 or more) offer better sound quality and can be adjusted for special situations, such as talking on the phone or listening at a business meeting.

You may be tempted to save money by bypassing a doctor and going directly to a hearing aid dispenser. Don't. A doctor's checkup can rule out such problems as disease. "Hearing loss is a symptom, but you must know what causes the symptom," says Robert A. Goldenberg, M.D., chair of the Department of Otolaryngology at Wright State University School of Medicine.

One last tip on buying hearing aids: Don't choose vanity over hearing. Get the model that works best for you.

A happy ending. "I was so upset the first day I got my hearing aids that I cried," says Triftshouser. Part of the problem was vanity, she admits, but she also had to adjust to new sounds. And although she was thrilled to hear well again, "the refrigerator and air conditioner

noises drove me crazy."

"People will say, 'Gosh, I heard the birds for the first time in 20 years, but I also realized my car needs a tune-up and a muffler,' " says Leslie C. Hojem, Clinical Audiologist at Kaiser Permanente Medical Group in Hayward, Calif. Hojem warns not to expect perfection. The sound may be tinny at first, but you get used to it. Triftshouser no longer needs special seating at concerts and plays. Plus, her hearing aids allow her to stay active in Englewood, Ohio, teaching English as a second language. "I couldn't teach without hearing aids because my students speak softly and with accents," she says.

Early signs. Here are some early signs of hearing loss, according to Barry C. Baron, M.D., chair of the Department of Otolaryngology at California Pacific Medical Center in San Francisco:

•You have trouble hearing doorbells, telephones, microwave timers, watch alarms, and other high tones.

•Consonants confuse you, especially telling d from b, z, or t, or s from f. Did she say bad or dad?

•You repeatedly ask that the TV be turned up.

•Your spouse says you don't listen.

•You can't hear conversations at restaurants or at meetings where background noise is bad. You avoid these social situations.

Among infants:

•Babies who can't hear will cry but won't babble, imitate sounds, or make other baby noises.

•If your infant doesn't blink or react when someone, standing out of view, claps hands or drops a book.

For free pamphlets, "Is My Baby's Hearing Normal?" and "5 Minute Hearing Test" (for seniors), send a SASE (business size) to: AAO—Head and Neck Surgery, Inc., Dept. BHG, One Prince St., Alexandria, VA 22314. Please specify which pamphlet you want.

PREVENTING HEARING LOSS

1. Try to reduce noise. Even moderate levels of noise can, over time, reduce your hearing.
2. Spend only 15 minutes in rooms where you must raise your voice.
3. Wear fitted earplugs when using firearms or working in noisy settings. Expandable wax plugs are good; cotton won't do.
4. At concerts, sit far back from those booming speakers.
5. Make sure children have the full range of immunization shots, and act promptly on seeing a doctor for earaches.

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O. M. Scott® 10-lb. Premium Potting Soil *Two formulas designed to nurture your plants— for initial planting and another with fertilizer to grow bigger and more beautiful foliage. #72979, #70779* **$3.54** **$3.84** *Plus fertilizer*



Spectracide® Lawn Weed Killer: *This water-based formula kills over 33 varieties of weeds—but not your lawn. (38.4 oz.*) #51900* **$6.94**





Peters Professional® Plant and Feed™: *Time-release plant food used by professional growers. Feeds up to 9 months. No mixing required. #16384* **$3.50**

Murray® Hydro Lawn Tractor: *A 16-hp Briggs and Stratton industrial commercial twin-cylinder engine with a 46" cutting path and hydrostatic transaxle. Manufacturer may vary.* **$1,197.00**



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Better Homes and Gardens™ Hose Reel Cart: *Fast, easy, snap together assembly holds up to 150 ft. of 5/8" hose. #WJH150*
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gardener's almanac

APRIL 1994

EARLY SPRING is the time to get your lawn in shape for summer. Apply fertilizer a week or two before new growth begins using a spreader for dry fertilizer or a hose-end applicator for liquid feed. Spread dry fertilizer on a dry day, then soak the lawn after your application. In milder regions, reseed bare patches in your



PHOTOGRAPH: JAY GRAHAM, REGIONAL EDITOR: HELEN HEITKAMP

lawn with warm-season grasses. Remember to delay any herbicide applications until the grass seedlings are established. Always follow the directions on the label when using lawn chemicals.

—by Douglas A. Jimerson and Julie A. Martens



Celebrate spring with a visit to the Epcot '94 International Flower and Garden Festival, presented by *Better Homes and Gardens*® magazine. You'll see a spectacular array of gardens from 11 different countries along with gardening demonstrations on topics such as water gardening, roses, fruit trees, flower arranging, hanging baskets, herbs, bedding plants, and bonsai. There also will be a variety of workshops on subjects such as topiary, pest management, tree maintenance, vegetable gardening, lawn care, roses, bedding plants, and container gardening. The festival runs from April 29 to June 5 at Walt Disney World, Orlando, Florida.

BETTER HOMES AND GARDENS RESORT PACKAGE

The resort package is available through December 1994 at select Walt Disney World resorts starting at $399 per person, based on double occupancy. This includes four nights' accommodations, park admission, a three-hour guided tour, and a copy of *Gardens of the [illegible] World Resort* book. For information call: 407/827-7200.

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ANNOUNCING

Better Homes and Gardens®

Home Improvement Contest

GET BIG BENEFITS—AND BIG BUCKS—FROM YOUR NEXT HOME FIX-UP PROJECT. YOU MAY WIN A TOP AWARD, AND YOUR PROJECT MAY APPEAR IN OUR MAGAZINE!

PICK YOUR CATEGORY

You can win in any of nine categories. We'll give cash awards for Class A (large), Class B (medium), and Class C (small) projects in each category.

- Exterior Fix-Ups
- Outdoor Improvements
- Kitchen Shape-Ups
- Bathroom Remodelings
- Interior Remodelings
- Additions
- Whole-House Remodelings
- Daylighting
- Restorations

CASH AWARDS

Grand Prize: $10,000. Two Runners-Up: $4,000 each. Twelve awards in each of the nine categories:

Class A:	$1,000
Class B:	$500
Class C:	$250
Merit Awards:	$100

(Three merit winners in each class)

SPECIAL COSPONSOR AWARDS

One Class A, B, or C winner in any of the nine categories who uses products from 15 or more cosponsors will win a bonus of $2,000.*

WIN ADDITIONAL PRIZES

You might also win cash, products, or product purchase refunds from cosponsoring manufacturers whose products you've chosen to incorporate into your project (see list of cosponsors on page 88).* Examples: a kitchen revamp that includes new appliances and cabinets or a family room addition that includes new windows and interior and exterior paint.

We'll judge your entry on how good it looks, how well it works, and how much value you got for the money you spent. Any home improvement project completed in 1994 is eligible, no matter how big or small it is or when it was started. It's also eligible whether you did all the work yourself or hired professional help. Entrants must be U.S. residents. Judges' decisions are final.

*These prizes are void in Arizona, Maryland, and Vermont.

Following is a list of cosponsors providing *$500* for best use of product. (Look for additional cosponsor special awards ranging in value from *$100* to *$5,000* when you receive complete entry materials.)

Amana Refrigeration, Inc.
American Standard
Andersen Windows and Patio Doors
Aristokraft
Armstrong
Black & Decker Spacemaker Optima
Brookhaven Cabinetry Division of Wood-Mode
Broyhill Furniture Industries, Inc.
CooperTools Home Improvement Tools and Hardware
DACOR Cooking Appliances
DuPont Corian Kitchen and Bath Products
Eljer Plumbingware
The Forever Doors by EMCO
Frigidaire Major Appliances
GE Appliances
Georgia-Pacific Corporation
Heat-N-Glo Fireplace Products, Inc.
Hunter Ceiling Fans
Hunter Douglas Window Fashions
Hurd Wood Windows and Patio Doors
KitchenAid
The Kohler Company
Action Furniture by Lane
Lane Cedar Chests
Mannington Resilient Floors
Marvin Windows and Doors
Merillat Industries, Inc.
Peachtree Windows and Doors
Raynor Garage Doors
Robert Bosch Corporation
ServiceMaster Residential/Commercial Services
Sherwin-Williams Paint Stores
Sunbrella/Somfy Retractable Awning Systems
VELUX Roof Windows and Skylights
Waverly Fabrics, Wallcoverings, and Home Fashions
Whirlpool Corporation (Whirlpool Brand)
Wm. Zinsser & Co. (Zinsser and Wolman Home Improvement Products)

continued on page 88



When Our Van Is Outside Your Home Is Clean Inside.

The bright yellow ServiceMaster van delivers over 40 years of heavy-duty cleaning experience right to your front door. Every ServiceMaster van comes equipped with highly-trained professionals, the latest equipment and exclusive cleaning solutions. Together they get your furniture, carpeting, windows and draperies their cleanest.

It's the easiest, most hassle-free cleaning experience you'll ever have. Before you know it, your home will be spotless. Guaranteed. Or we'll do it again, no questions asked.

So for a home that's deep-down clean, check the phone book for your local ServiceMaster professional or call 1-800-WE SERVE. That bright yellow van will make you feel good inside.

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1-800-WE SERVE™

Better Homes and Gardens® Home Improvement Contest

COSPONSOR SPECIAL AWARDS

Amana offers one Radarange Microwave Oven to the top Kitchen Shape-Ups category winner if the winner has used an Amana appliance.

American Standard will award $1,000 each to the top winner and installing contractor in the Kitchen Shape-Ups and Bathroom Remodelings categories if American Standard fixtures and faucets are used exclusively.

Black & Decker will award a complete line of their Handy Series kitchen appliances to any winner in the Kitchen Shape-Ups category if he or she used a Black & Decker Spacemaker Optima under-the-cabinet appliance.

Broyhill will award $1,000 for the best use of furniture from Broyhill's "Fontana" (see advertisement in the *Better Homes and Gardens* May 1994 issue).

Eljer will award a Pull-Out Spray Kitchen Faucet to the top Kitchen Shape-Ups category winner if he or she used an Eljer kitchen sink.

EMCO will award a Forever View storm door to the top winner in each of the following categories if he or she used a Forever Door by EMCO: Exterior Fix-Ups, Additions, and Whole-House Remodelings. EMCO will provide a total of three Forever View Doors.

Georgia-Pacific Corporation will award $500 to the top Interior Remodelings winner if he or she used any of Georgia-Pacific's prefinished real wood paneling in his or her project.

Hunter Douglas will refund the cost of the Hunter Douglas window fashions used by the Grand Prize winner in any *one* room of the house. Proof of purchase is required.

The Hunter Fan Company will award a Hunter Fan of choice to the top winner in the Kitchen Shape-Ups, Bathroom Remodelings, Interior Remodelings, Additions, and Whole-House Remodelings categories if he or she used Hunter Fan Company products.

The Kohler Company will award $500 worth of Kohler products to the top Bathroom Remodelings winner and the installing plumbing contractor if Kohler plumbing products (fixtures and faucets) are used exclusively.

Merillat Industries, Inc., will award a cash reimbursement for exclusive use of Merillat cabinetry in the first-prize project in each of the following categories: Kitchen Shape-Ups ($5,000 maximum reimbursement), Bathroom Remodelings ($2,000 maximum reimbursement).

Raynor Garage Doors will award an automatic garage door opener to each winner of the Exterior Fix-Ups, Outdoor Improvements, and Additions categories if a Raynor Garage Door was used in the project.

ServiceMaster will refund the purchase price of ServiceMaster professional home cleaning services used by the top winner in the Interior Remodelings, Whole-House Remodelings, and Restorations categories.

A $500 check will be awarded to the contestant(s) who demonstrates the best usage of all three **Waverly** product categories: fabric, wallcoverings, and home fashions products (i.e., pillows, comforters, chair pads, etc.)

Whirlpool offers one Whirlpool appliance of choice to the top winner in the Kitchen Shape-Ups category and in the Whole-House Remodelings category if the winner has used a Whirlpool product. Winners may choose one from the following list: Trash Compactor, Microwave Oven, or QuietWash Dishwasher.

Wolman will award a $500 American Express shopping spree gift certificate to the Outdoor Improvements contestant who makes the best use of Wolman Deck Care Finishing products.

Zinsser will award a $500 American Express shopping spree gift certificate to the Bathroom Remodelings contestant who makes the best use of Zinsser products, including Perma-White Mildew-Proof Paint.



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OPENS UP THE CLOSET.



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STANLEY
MONARCH MIRROR DOORS

HOW TO ENTER

1. RIGHT NOW: Complete and mail the preliminary entry blank, *below*, or a photocopy, by October 1, 1994. We'll send you complete details and entry materials, along with our official entry form.
2. WHEN YOUR PROJECT IS DONE: Send us the final entry form. (Get a head start now by saving floor plans, Before and After photos, and receipts that could make your project a winner.) All final entries must be postmarked by February 1, 1995.
3. THE WINNERS: Winners will be selected on or about May 31, 1995. We will notify all winners by mail and publish the top winner in each category in our November 1995 and February 1996 issues.

Better Homes and Gardens®

Home Improvement Contest

PRELIMINARY ENTRY BLANK

Must be postmarked no later than October 1, 1994

SEND $3.00 FOR POSTAGE AND HANDLING TO:

Better Homes and Gardens
Home Improvement Contest
P.O. Box 9214
Des Moines, IA 50306-9214

Be sure to check the box(es) that best describes the project(s) you plan to complete in 1994.

- ❑ 1. Exterior Fix-Ups
- ❑ 2. Outdoor Improvements
- ❑ 3. Kitchen Shape-Ups
- ❑ 4. Bathroom Remodelings
- ❑ 5. Interior Remodelings
- ❑ 6. Additions
- ❑ 7. Whole-House Remodelings
- ❑ 8. Daylighting
- ❑ 9. Restorations

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH THIS PRELIMINARY ENTRY FORM. SEND ONLY ONE PRELIMINARY ENTRY BLANK PER FAMILY.

Allow six weeks for delivery of final entry packet. The $3.00 P&H charge is waived for residents of AZ, MD, and VT.

Both of these products work hard to control weeds.



However, with the one on the right, so do you.

IF YOU LOVE GARDENS AND FLOWERS, but could do without the blisters and backaches this year, we'd like to suggest a change in weeding strategy. Use what professional landscapers, gardeners and farmers have used to prevent weeds for over 30 years—Preen® and Preen 'n Green®, the remarkable flower and garden weed prevention products from Greenview.®



Preen actually prevents 27 different kinds of weeds *before* they start, while Preen 'n Green prevents weed growth *and* fertilizes your existing plants. One easy application takes only minutes, but lasts up to three months before the granules break down—for continued weed control, simply make another application. And Preen and Preen 'n Green are approved for use on over 180 flowers, roses, shrubs, trees and vegetables.

So if hours and hours of pulling weeds isn't part of your ideal summer, why not take a few minutes to prevent them instead. Try Preen or Preen 'n Green. They really work on weeds, so *you* don't have to.

Why Weed It? **Preen** It!

Guarantee: *Greenview guarantees you will be satisfied with the performance of Preen and Preen 'n Green, when used as directed, or we'll give you your money back. See package for details.*

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HINT #9

Cut the rust.



Here's a sharp idea: remove rust from household tools by using Morton® Salt. Just make a paste using 2 tablespoons Morton® Salt and 1 tablespoon lemon juice. Apply the paste to rusted area with a dry cloth and rub. For more ways to use economical, effective and safe Morton® Salt around the house, write: Morton Salt Tips, Dept. B, Chicago, IL 60606-1597.

Morton

tips, tools, & techniques

This is your column. It contains the best workshop shortcuts and household tips that readers have discovered. See below for details on how you can share your best tips.

BAG YOUR FEET

Keep plastic or paper grocery bags outside your door when you're working in the garden or around the yard. When you need to run into the house for a moment, simply slip the bags over your muddy shoes.

June Waters
Waynesburg, Pa.

A BASTER WAY TO ADD OIL

Top off your lawn mower engine's oil tank by putting oil in a turkey baster. It's neater and easier than using an oil can and funnel. Plus, the baster is the ideal tool for filling engines that have hard-to-reach oil filler caps.

Dorothy Baird
Berea, Ohio

SPRAY THE GARDEN TOOLS

Coat your shovels, hoes, and other gardening tools with cooking spray before spending the day weeding, planting, and hoeing. The spray will ensure easy cleanup when your work is through.

Julie Munch
Lakeville, Minn.

EASY BRUSH HANGER

When you need to dry some paintbrushes, simply unravel a wire coat hanger and loop the brushes on it. This tidy, space-saving idea lets your brush bristles dry without bending or breaking.

Marie Wallis
Neenah, Wis.

PLASTIC BOTTLE FUNNELS

Before you toss or recycle those plastic liter soft drink bottles, cut off the top three or four inches. You can use these bottle tops as disposable funnels around the house, garden, or workshop.

Donna McGee
Tallahassee, Fla.

CLEVER CLIPPING IDEA

Use a plastic child's sled to drag behind you when weeding flower beds and bushes around your yard. Simply toss the clippings on the sled to keep from having to go back and clean up the piles later. When you're done with your yard chores, just pull the sled to the trash can or mulch pile.

Joanne Miller
Lanark, Ill.

EASY WAX REMOVER

Don't struggle to remove dried wax from your candleholders. Simply place them in the freezer overnight. The wax will then peel away easily.

Melanie Heffner
Baltimore, Md.

SEND US YOUR TIP

Mail your tip, along with a daytime telephone number, to Tips, Tools, and Techniques, *Better Homes and Gardens®* magazine, 1716 Locust Street, Des Moines, IA 50309-3023. No food or cooking tips, please. We can't acknowledge or return your letters. If we buy your tip, we'll send you $25. We reserve the right to edit tips we buy and to use them in any way for as long as we would like. We don't accept previously published tips.

Buying Guide

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed below. Some privately owned or custom-made items have been omitted from the product listing.

EASY-CARE SHRUBS AND VINES

Pages 97–104: shrubs and vines—Wayside Gardens, Hodges, SC 29695-0001, Carroll Gardens, 444 East Main St., P.O. Box 310, Westminster, MD 21157. **Mandevilla only**—Alberts & Merkel Bros. Inc., 2210 S. Federal Hwy., Boynton Beach, FL 33435-7799.

EVERYDAY ESCAPE

Pages 120–121: exterior house paint—Olympic Paint & Stain, 1 PPG Pl., Pittsburgh, PA 15272. **Porch drapes, awnings**—Sunbrella, Glen Raven Mills, Inc., 1831 N. Park Ave., Glen Raven, NC 27217.

Pages 122–123: upholstery fabric—Westgate Fabrics, P.O. Box 539503, Grand Prairie, TX 75053, 800/527-6666. **Window treatments, sisal rug**—Jeff Peck Designs, Inc., 609 Summit Ave., E., Seattle, WA 98102.

Pages 124–125: wall paint—Pratt & Lambert, 75 Tonawanda St., P.O. Box 22, Buffalo, NY 14240.

Page 127: (*bottom left*): door paint, "Corsican"—Pratt & Lambert (address above). **Sisal stair runner**—Jeff Peck Designs, Inc. (address above). **(*Top*): bathroom window treatment**—Jeff Peck Designs, Inc. (address above).

Page 128: (*top*): upholstery fabric—Westgate Fabrics (address above).

PRIZEWINNING NEW HOMES

Pages 138–139 (*left*): windows—Alenco, Div. of Redman Building Products, 615 Carson St., Bryan, TX 77801. **Front door**—Pease Ind., Inc., 7100 Dixie Hwy., P.O. Box 14-8001, Fairfield, OH 45014-8001. **Roofing**—GAF Building Materials Corp., 1361 Alps Rd., Wayne, NJ 07470. **(*Right*): lap siding**—Louisiana-Pacific Corp., 111 SW. Fifth Ave., Portland, OR 97204. **Exterior paint**—Monarch Paint Co., 3530 Lang Rd., Houston, TX 77092.

Page 140: roofing—Tamko Asphalt Products, P.O. Box 1404, Joplin, MO 64802; 800/641-

continued on page 92

"IS THERE A CAT FOOD WITH NO ARTIFICIAL COLORS OR FLAVORS?"

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Purina® Cat Chow® brand CAT FOOD has all the complete and balanced nutrition your cat needs. Not the artificial colors and flavors he doesn't need.



BETTER CARE MAKES BETTER CATS.

Call 1-800-CAT-CARE for more information.

Buying guide

continued from page 92

4691. **Windows**—Thomas R. Hopson, Broker, P.O. Box 7295, Marietta, GA 30065-7295. **Stucco siding**—KPC, P.O. Box 7595, Marietta, GA 30065-7595. **Stucco paint,** no. 220, "Gull Gray"—Master Wall, 5592-F Whitefield Rd., Columbus, GA 31904. **Front door**—Evergreen, 3115 Peppermill Ct., Mississauga, ONT L5L 4X5. **Paint for shutters,** "Green Mallard"; **siding,** "Onyx Gray"; **trim,** "Alabaster"—Wattyl Paint Corp., 5275 Peachtree Industrial Blvd., Atlanta, GA 30341.

Page 142: windows—Huttig, 3850 Air Park St., Memphis, TN 38118. **Siding**—Abitibi-Price, ABTCO, Inc., Highway 268, P.O. Box 98, Roaring River, NC 28669. **Exterior paint**—United Paint Co., 404 E. Mallory Ave., P.O. Box 9037, Memphis, TN 38109. **Roofing**—Tamko Asphalt Products, P.O. Box 1404, Joplin, MO 64802; 800/641-4691.

Page 144: windows—Northwest Window & Patio Door, 821 S. Central Ave., Kent, WA 98032. **Siding,** "LP Innerseal 6-inch lap"—Louisiana-Pacific Corp., 111 SW. Fifth Ave., Portland, OR 97092.

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Phone (908) 469-4367

A Special Paint for a Bathroom's Special Needs

A KITCHEN IN LIVING COLOR

Page 163: neon parrot—Signs Plus, 1208 E. 20th Ct., Des Moines, IA 50317. **Pitcher,** "Cobalt Blue"; **snack plate and cup, artisan glass,** "Aqua"; **fruit napkin,** "Multi-Color"—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044; 800/922-5507. **Blue bowl, striped dinner plate**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371.

Pages 164–165: dishwasher—The Maytag Co., One Dependability Sq., Newton, IA 50208. **Laminate on custom cabinets,** "Tropic Jade" and "Designer White"—Wilsonart Laminate, 600 General Bruce Dr., Temple, TX 76504. **Counters, backsplash, sink**—Gibraltar Solid Surfacing, 600 General Bruce Dr., Temple, TX 76504. **Faucet**—Moen, Inc., 377 Woodland Ave., Elyria, OH 44036-2111; 800/347-6636. **Floor tile**—Florida Tile, Div. of Sikes Corp., P.O. Box 447, Lakeland, FL 33802. **Track lights**—Capri Lighting, Div. of Thomas Ind., 6430 E. Slauson Ave., Los Angeles, CA 90040. **Wood slat blinds**—Levolor Corp., Customer Service, 7614 Business Park Dr., Greensboro, NC 27409. **Chairs**—IKEA U.S. Inc., Plymouth Commons, Plymouth Meeting, PA 19462; 215/834-0180. **Striped oval platter, mugs, vase, glasses, green vase**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371. **Percolator, toaster,** "Contemporary Classics"—Sunbeam Oster Household Products, 1501 Woodfield Rd., Ste. 400-N, Schaumburg, IL 60173. **Salt and pepper shakers,** "Cobalt Blue"; **ceramic pot,** "white"—Eddie Bauer Home Collection, 14850 NE. 36th St., Redmond, WA 98052.

Page 166 (*top*): microwave, cooktop, wall oven—The Maytag Co., One Dependability Sq., Newton, IA 50208. **Countertops, back splash**—Gibraltar Solid Surfacing (address above). **Laminate on custom cabinets**—Wilsonart Laminate, 600 General Bruce Dr., Temple, TX 76504. **Track lights**—Capri Lighting, Div. of Thomas Ind., 6430 E. Slauson Ave., Los Angeles, CA 90040. **Chairs**—IKEA U.S. Inc., Plymouth Commons, Plymouth Meeting, PA 19462; 215/834-0180. **Skillet, saucepan**—LeCreuset of America, P.O. Box 575, Yemassee, SC 29945. **Wood slat blinds**—Levolor Corp., Customer Service, 7614 Business Park Dr., Greensboro, NC 27409. **Mixer,** "Contemporary Classics"—Sunbeam Oster Household Products (address above). (***Bottom***): **integral sink**—Gibraltar Solid Surfacing (address above). **High-rise faucet**—Moen, Inc., 377 Woodland Ave., Elyria, OH 44036-2111; 800/347-6636.

Page 168: washer, dryer—The Maytag Co., One Dependability Sq., Newton,

continued on page 93

IA 50208. **Floor tile**—Florida Tile (address above). **Countertops**—Gibraltar Solid Surfacing (address above). **Chair**—IKEA U.S. Inc. (address above). **Wood frames, "Orange and Blue"**—Crate & Barrel, 725 Landwehr Rd., Northbrook, IL 60062; 800/323-5461. **Computer**—Apple Computer, Inc., 20525 Mariani Ave., Cupertino, CA 95014.

PRIZE TESTED RECIPES

Page 201 (*left*): bowl, "Normandie"—Lonecak & Co., 3351 E. Imperial Highway, Lynwood, CA 90262.
Page 202 (*left*): dish, "Cameo"—Williams Sonoma, 100 North Point St., San Francisco, CA 94133.

Architects & Designers

EASY-CARE SHRUBS AND VINES

Pages 97–104: Garden design—Pat Welsh, 1825 Zapo St., Del Mar, CA 92014.

POSTAGE STAMP PARADISE

Pages 107–112: Garden Design—Esther Stokes, Stokes Landscape Design, Inc., 129 Palisades Rd., Atlanta, GA 30309.

EVERYDAY ESCAPE

Pages 119–128: Designer—Jeff Peck Designs, Inc., 609 Summit Ave. E., Seattle, WA 98102.

PRIZEWINNING NEW HOMES

Pages 138–139: Architect—Clothier/Sullivan and Assoc., 8584 Katy Freeway, Ste. 101, Houston, TX 77024. **Builder**—Village Builders, 17001 Northchase, Ste. 130, Houston, TX 77060.
Page 140: Architect—Shaner Brown, Centex Real Estate Corp., P.O. Box 19000, Dallas, TX 75219. **Builder**—Bill Shean/Roland Rish, Centex Homes, 11111 Houze Rd., Ste. 200, Roswell, GA 30076.
Page 142: Architects—J. Carson Looney, AIA (principal in charge); Bradford K. Shapiro, AIA, Looney Ricks Kiss, Inc., 88 Union Ave., Ste. 900, Memphis, TN 38103. **Builder**—Chip Tayloe, The Tayloe Co., 985 Reddoch Cove, Memphis, TN 38119. **Land planner**—Chuck Kubat, RTKL Assoc., 400 E. Pratt, Baltimore, MD 21202.
Page 144: Architect—Leland D. Iverson, AIA, Iverson Assoc., Inc., 151 Calmus Dr., C-140, Costa Mesa, CA 92626. **Builder**—Bob Baldwin, Village Homes, 14410 Bel-Red Rd., Ste. 200, Bellevue, WA 98007. **Land planner**—Triad Assoc./Pope Resources, 11415 NE. 128th St., Kirkland, WA 98034.

A KITCHEN IN LIVING COLOR

Pages 163–168: Designer—Louis A. Hall, Residential Design Consultants, 363 W. Stuart Ave., Fresno, CA 93704. **Contractor**—Larry Beard, Custom Kitchen Designs, 1924 W. Fourth St. S., Newton, IA 50208.

READER SHOPPING

Country Armoire

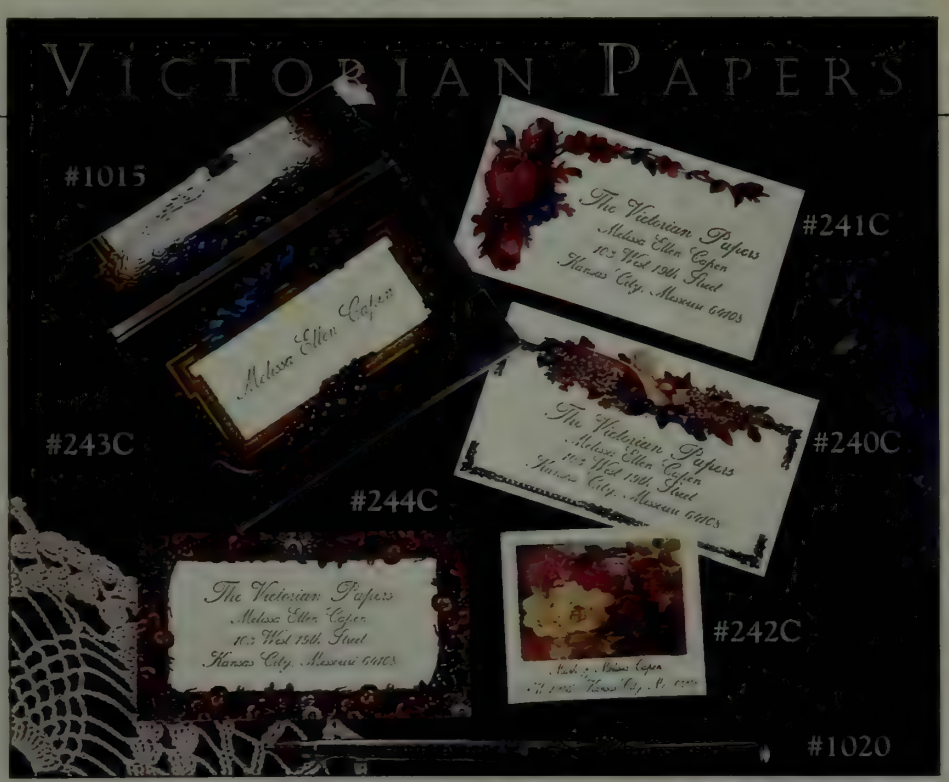


You can build this country pine cabinet for under $250, a fraction of what you'd pay for the antique. It's used to hold entertainment gear here, but can easily be adapted for a multitude of uses throughout your home.

This *Better Homes and Gardens*® Project Plan is a professional quality woodworkers' blueprint that includes detailed drawings, a list of materials, hints and tips for construction, and complete step-by-step instructions.

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A Saturday In The Life Of Our Pontiac Trans Sport

8:07 a.m. Anti-lock brakes save day for duck

Our weekend doughnut run was an adventure, thanks to some wayward ducks. Fortunately, our Trans Sport has standard anti-lo brakes, so we stopped easily without ruffling any feathers.

11:01 a.m. Flexible seating helps get soccer stars and gear to game.

The available modular seating in our Trans Sport really came in handy. We just arranged the seats for five people, then folded and stowed the back seats for even more room.



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2:28 p.m. New power sliding door helps weekend warrior.

Even with our arms full, Trans Sport helped ease the load. We just pressed a button on the key fob, and the side door opened automatically.





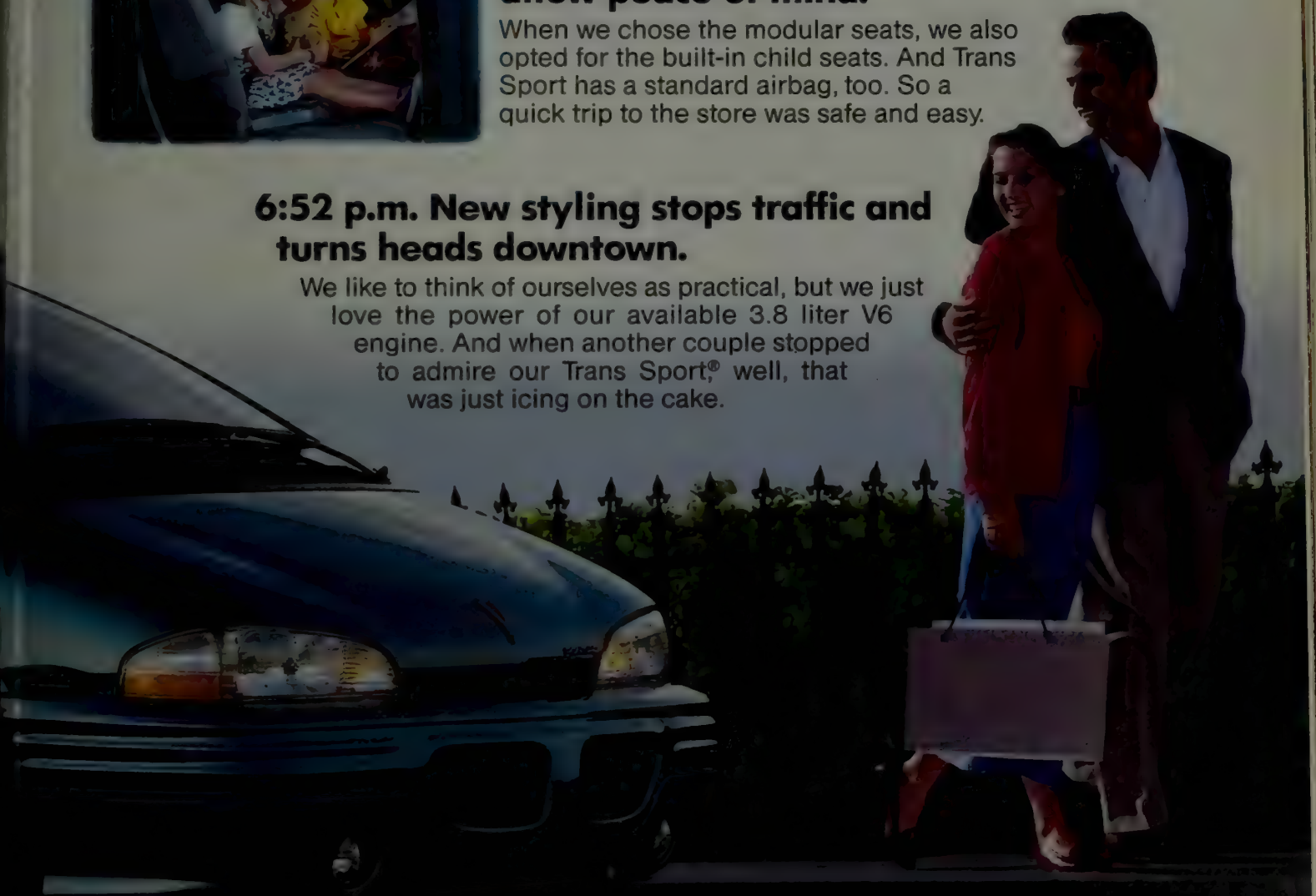


4:35 p.m. Safety features allow peace of mind.

When we chose the modular seats, we also opted for the built-in child seats. And Trans Sport has a standard airbag, too. So a quick trip to the store was safe and easy.

6:52 p.m. New styling stops traffic and turns heads downtown.

We like to think of ourselves as practical, but we just love the power of our available 3.8 liter V6 engine. And when another couple stopped to admire our Trans Sport,® well, that was just icing on the cake.



our Roadside Assistance and Courtesy
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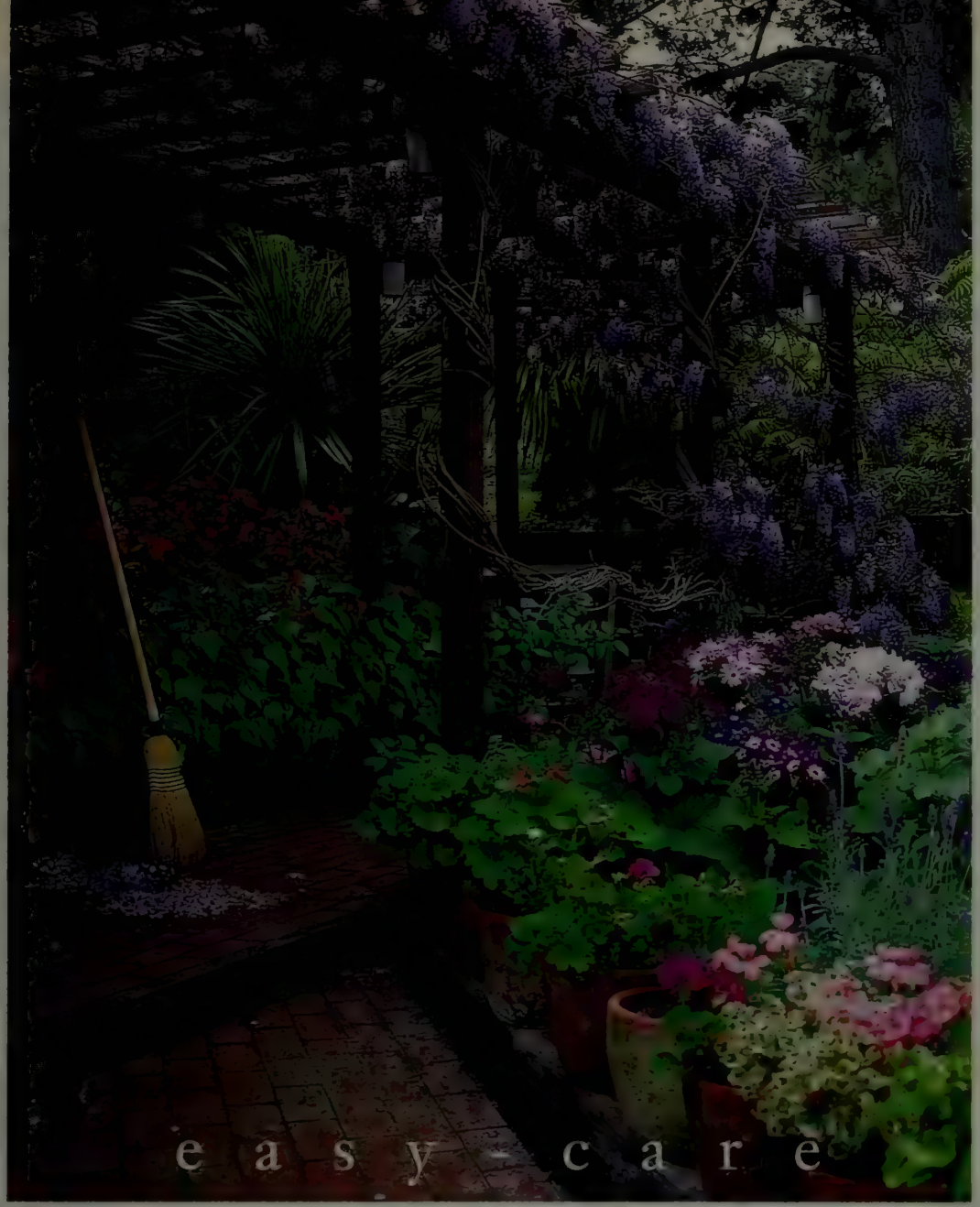
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shrubs and vines

by Julie A. Martens

Whatever your landscape needs, flowering shrubs and vines can tackle the challenge. Whether you want to create a hedge, hide a shed, or cover a trellis, this sampling of easy-to-grow plants can fill the bill.

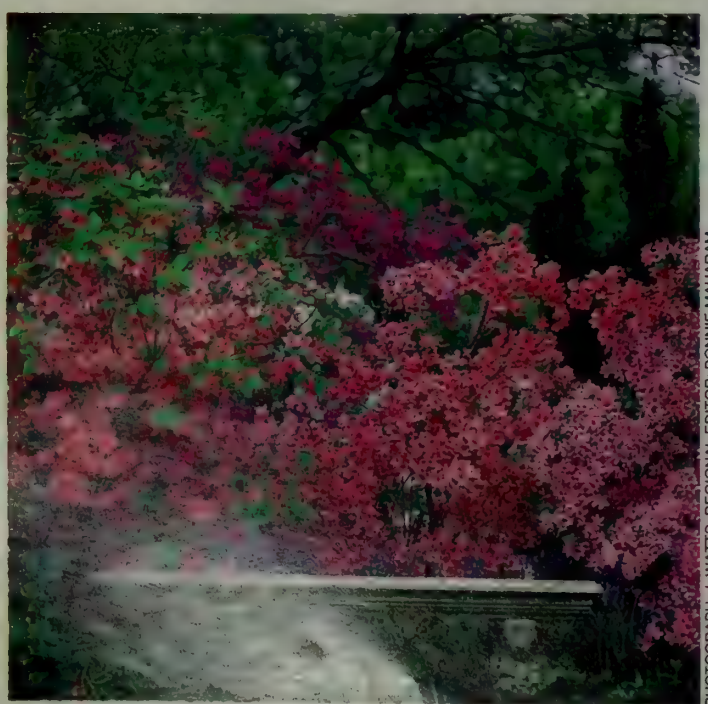
Welcome spring with wisteria, above, *a winter-hardy vine that puts on a breathtaking floral show of color and fragrance. Wisteria is the perfect vine for creating a green roof over a walkway or patio. To increase the number of flower buds, prune shoots in summer and again in late winter.*

shrubs and vines



PHOTOGRAPH: BILL STITES. REGIONAL EDITOR: BONNIE MAHARAM

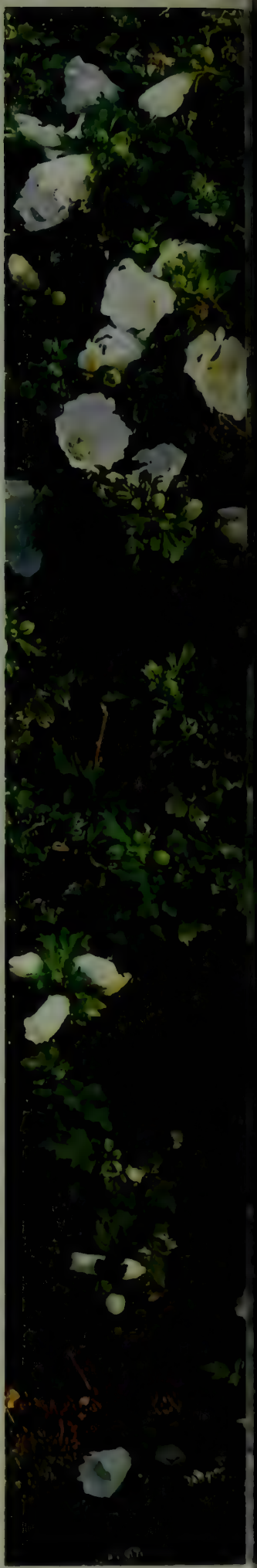
Snowball viburnum lives up to its name, producing fragrant white flower "balls" in late spring. In late summer, bright red bunches of berries contrast with the green foliage, which turns red in fall. This blooming beauty is a tough shrub that can take harsh winters and still put on its spectacular year-round color show.



PHOTOGRAPH: J. WATTS. REGIONAL EDITOR: BONNIE MAHARAM

Azaleas can bring outstanding color to your spring landscape no matter where you live. Blossom-filled branches come in a rainbow of colors, from pink to yellow to red. All it takes to grow azaleas successfully is acidic soil. Once that condition is met, these flower-packed shrubs fit into almost any garden setting—woodland, rock, or formal.

Blooming shrubs not only add beauty to your home, but they can also help solve your landscape problems. Many of these shrubs can be used as hedges or screens to block out views or to create privacy. Grouped together, shrubs can form a border that matches the color show of annuals and perennials. Specimen shrubs can be the star in a small garden or highlight a garden pool or bench. Count on shrubs for year-round interest. Whether shrubs are blooming, showing fall foliage, bearing fruit, or standing bare in a wintry garden, they paint the landscape with colors and textures that change every season.



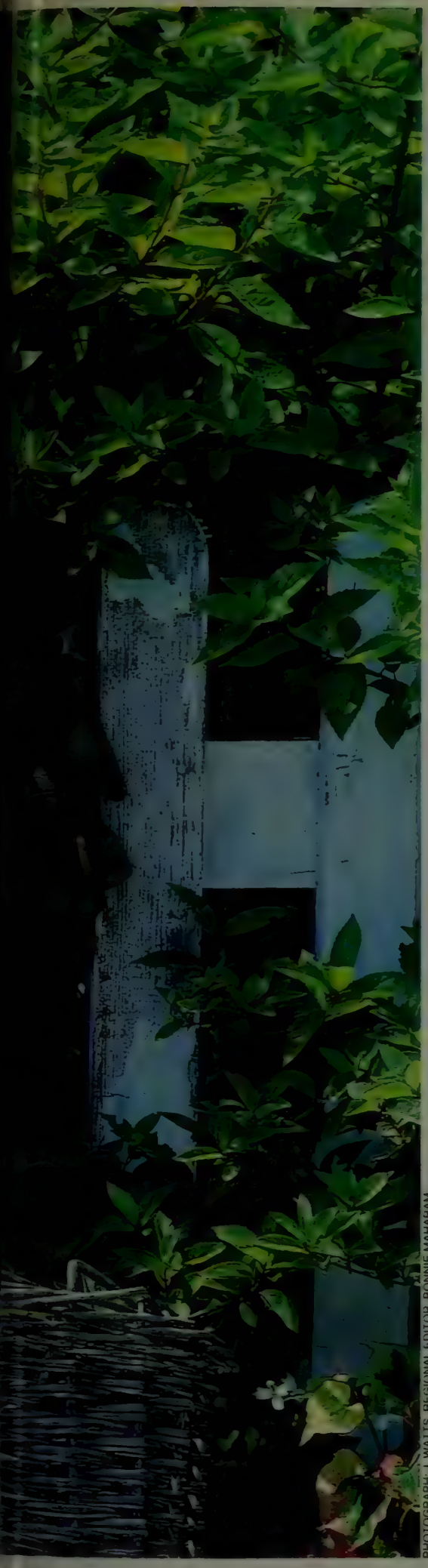


At home at the back of a perennial border or as a front-yard specimen plant, rose-of-Sharon (*Hibiscus syriacus*) is an old-fashioned shrub that blooms from July through the first frost with a succession of large, flared flowers. White varieties are most common, but rose, blue, and purple shades are available. Plants are hardy where winter temperatures don't dip much below zero.

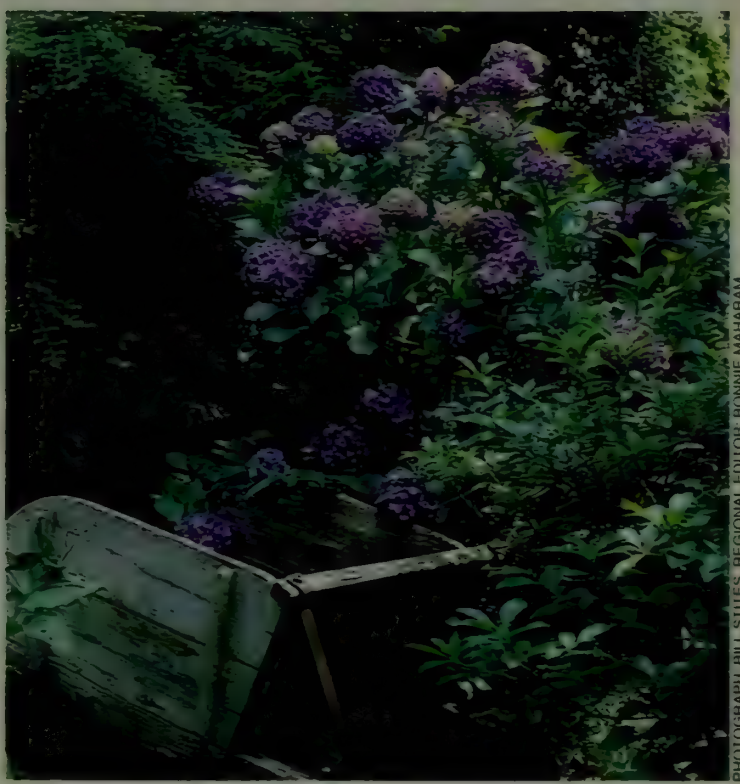
PHOTOGRAPH: J. WATTS; REGIONAL EDITOR: DONNIE MAHARAM



If you're looking for a dependable bloomer that can [illegible] Anthony Waterer displays masses of pink flowers in mid-summer clusters that grow to two feet. Anthony Waterer spirea can serve as part of a flowering border, [illegible] beside entryways, or as an accent [illegible] fence or fountain.



PHOTOGRAPH: J. WATTS, REGIONAL EDITOR: BONNIE MAHARAM



PHOTOGRAPH: BILL STITES, REGIONAL EDITOR: BONNIE MAHARAM

Hydrangea (*Hydrangea macrophylla*) adds a touch of Victorian romance to any garden setting where temperatures don't fall much below zero. Flowers open in mid- to late summer, brightening a shaded garden or woodland. The blooms make spectacular summer bouquets perfect for a country kitchen or a formal dining room. Spent flower heads add color to the garden in winter; remove them in spring.



PHOTOGRAPH: J. WATTS, REGIONAL EDITOR: BONNIE MAHARAM

When it comes to flower power, bridal-wreath spiraea (*Spiraea* x *arguta*) is hard to beat. In midspring, white flowers cover gracefully arching stems. Bridal-wreath is eye-catching as a specimen plant or as a hedge and will bloom year after year in regions where winter lows dip just below zero.

shrubs and vines



PHOTOGRAPH: PERRY STRUSE

Nothing stops traffic like morning glories (*Ipomoea*) trailing along a fence or trellis. These annual vines bloom from summer until frost in a wide range of colors. Plant seeds in a sunny spot in spring, and about six weeks later, vines will cover a support and begin blooming.



PHOTOGRAPH: BILL STITES, REGIONAL EDITOR: BONNIE MAHARAM

Mandevilla (sometimes sold as dipladenia) brings the tropics to your garden with pink, white, or yellow blooms. In areas where minimum temperatures stay above 30 degrees, plants sprawl freely over fences and walls outdoors. In the rest of the country, gardeners use potted plants, as with this variety, Alice du Pont, to climb over trellises or porch rails. Place pots outdoors in a shaded location for the summer and bring them inside for winter.

Vines are one of the most versatile garden plants because they adapt so easily to even the most imaginative garden design. They are breathtaking whether spilling out of containers, creating living walls, or scaling the sides of buildings. Vines can cascade over walls and pergolas to create green-sheltered worlds, and can hide a multitude of garden "sins," such as storage sheds, broken-down fences, or tree stumps. The most striking feature of the vines we're showing is their flowers, which are in colors as varied as a painter's palette. Many of these flowers bear scents that fill an entire garden with sweet aromas.

Getting started with shrubs and vines isn't difficult. You can find container-grown or bareroot shrubs and vines at a local nursery or garden center. All they need to provide color for years to come is a spot in your garden to call home.





If you plant trumpet vine, keep your eyes open for hummingbirds—they love the bright orange or scarlet flowers that appear on this vine in summer. Trumpet vine is a winter-hardy, powerful climber and will readily cling to trellises or guide wires. Be careful when training trumpet vine up a wall of your home though: plant roots can unseat foundations. To be safe, plant vines 2 feet away from the wall of the house.

PHOTOGRAPH: BILL STITES. REGIONAL EDITOR: BONNIE MAHARAM

shrubs and vines



Porches, mailboxes, fences, arbors, or whatever the support, clematis will climb up and create a striking floral extravaganza. This variety, *Clematis montana* var. *rubens*, flowers in late spring. Clematis comes in a crayon-box assortment of colors, and you can choose evergreen or deciduous varieties so you'll have blooms spring through early fall. The secret to beautiful clematis? Add a thin mulch of compost each season to satisfy the plant's large appetite.



Honeysuckle is a must-have for every gardener. Its tolerance of less-than-perfect garden conditions makes it a sure thing for beginning gardeners. Its masses of colorful, sweet-smelling flowers make it a favorite among experienced gardeners, too. Honeysuckle vines will withstand Northern winters and reward gardeners with blooms that have tremendous butterfly and bee appeal. They're born climbers and will quickly cover a fence, pillar, or planter.

Buying information, see page 91

SHRUB AND VINE PRUNING GUIDE

One part of routine care of shrubs and vines is pruning. When and how to prune depends on the plant's growth pattern and what you want to accomplish. Pruning improves the appearance and overall health of shrubs or vines. We've outlined the basics on pruning our favorite shrubs and vines.

Wisteria: Prune leggy growth throughout summer. Cut long shoots to about 6 inches; prune these shoots again in winter, leaving only two to three buds.

Snowball viburnum: No annual pruning needed, but do remove any branches that detract from the plant's overall shape. To thin an older plant, cut back branches after flowering.

Azalea: No annual pruning needed. Summer is the time to cut back any wayward branches or to thin plants.

Rose-of-Sharon: Tip prune young plants to encourage bushiness. Spring is the time to prune plants to maintain shape, but don't prune annually since this results in an upright plant and doesn't encourage flower formation.

Anthony Waterer spiraea: Cut young stems back and remove any older stems in early spring.

Hydrangea: Prune young plants lightly in early spring, removing thin growth and old flower heads. On established plants, remove oldest wood in early spring and cut back last year's flowering stems to about 6 to 12 inches from the base.

Bridal-wreath spiraea: In early spring, cut back any older shoots. Flowering will occur on remaining young stems. Prune to shape in summer after flowering.

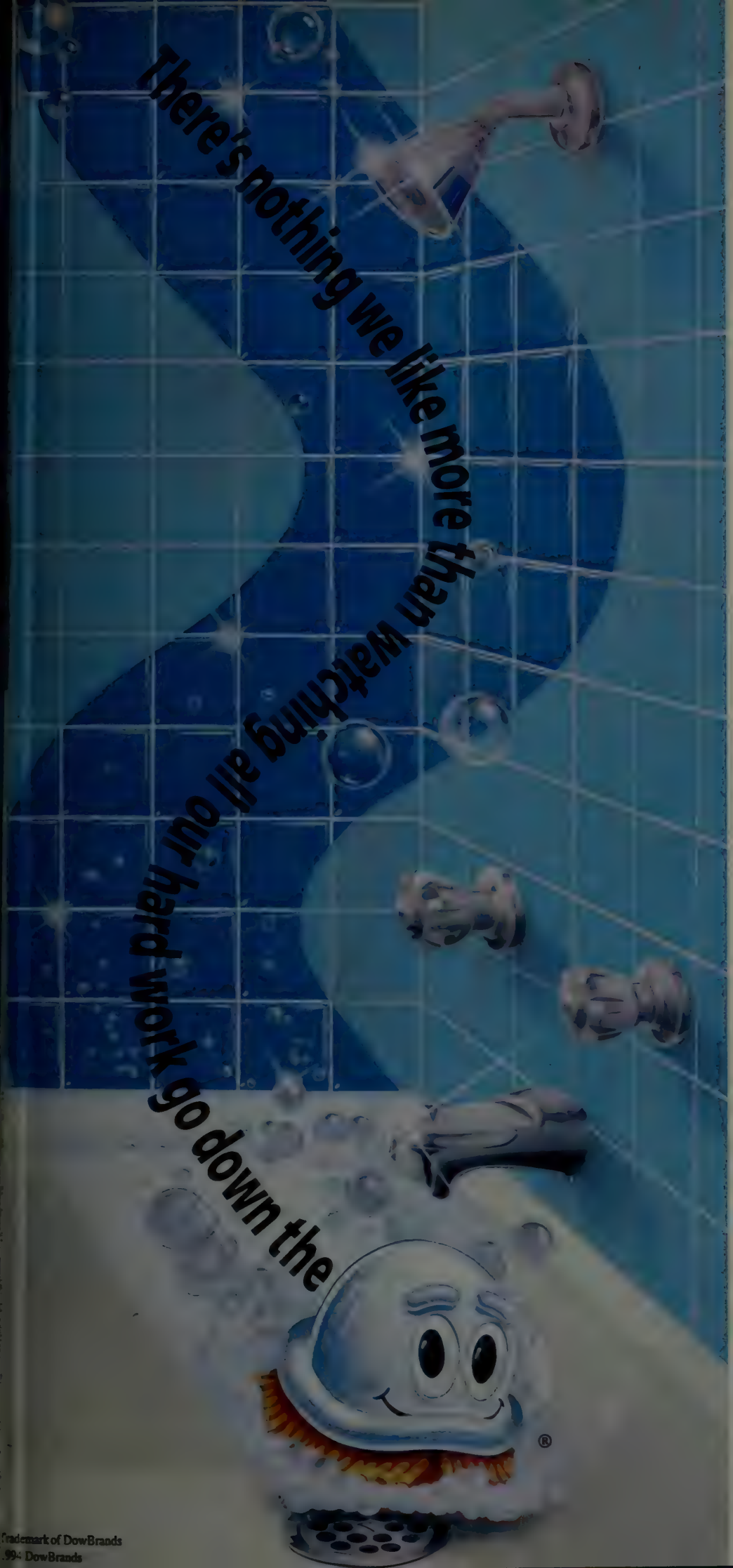
Morning glory: This is an annual vine that will die back after frost. Clean up old vines before planting any new ones in spring.

Mandevilla: Prune previous year's growth back to one or two buds in early spring. Cut back wayward stems during growing season.

Trumpet vine: Prune all branches back to the trunk in early spring. Cut back wayward stems during the growing season.

Clematis: For early-flowering varieties, such as the *Clematis montana* var. *rubens* shown, no regular pruning is needed; however, remove any dead, weak, or tangled stems after vines have finished flowering.

Honeysuckle: Climbing plants need little pruning. Annually remove any dead or damaged stems before growth starts in spring.



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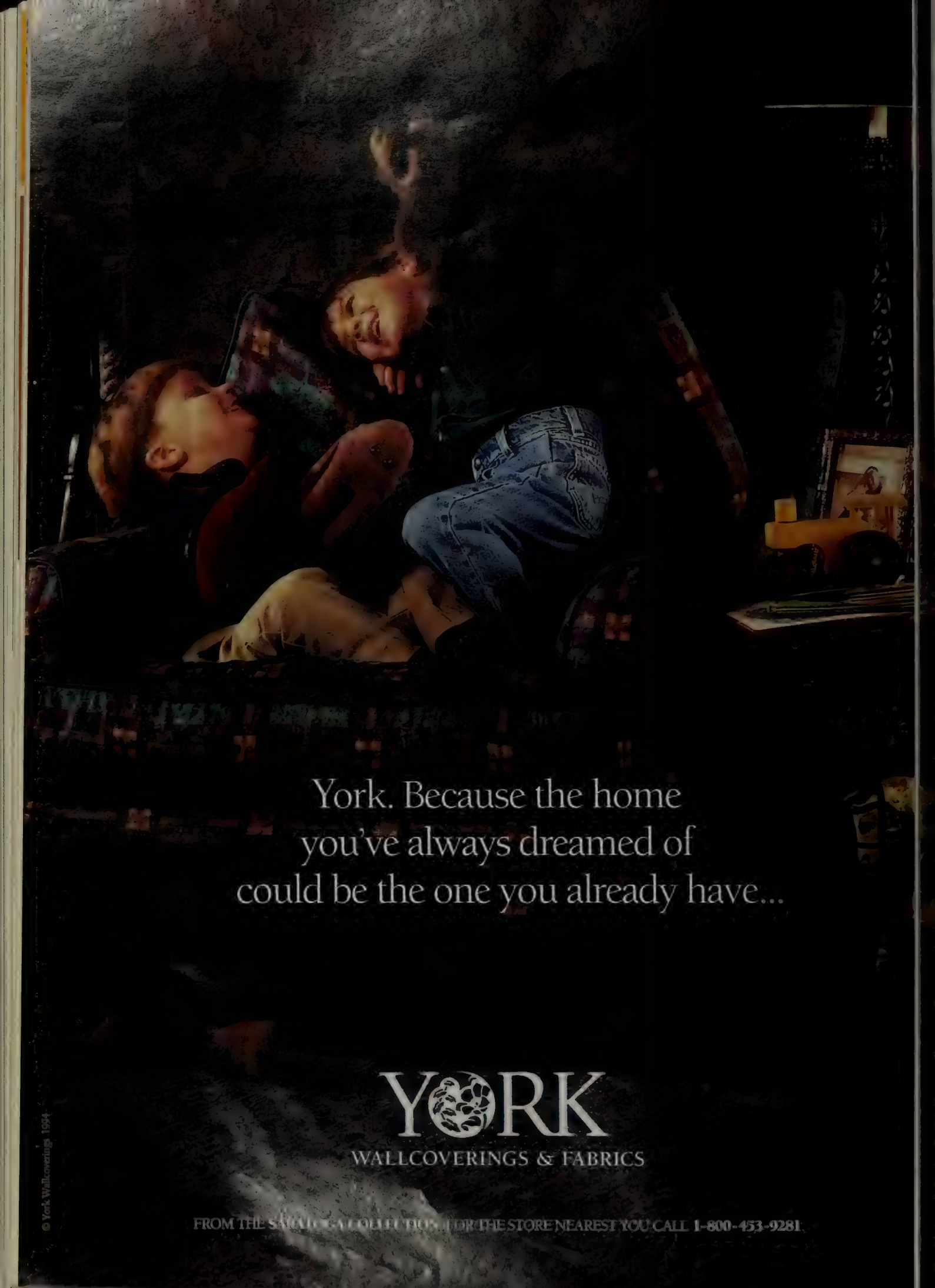
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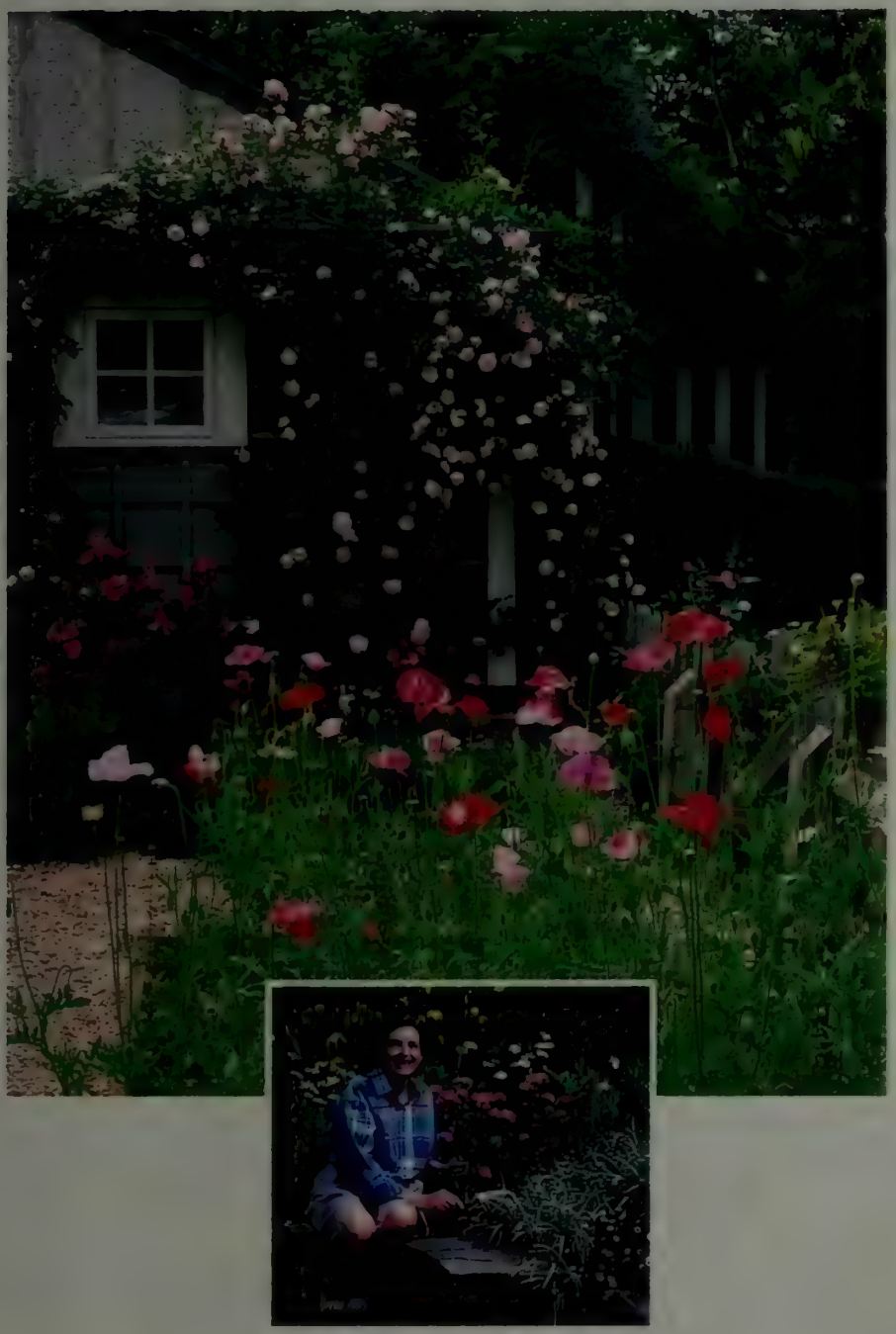
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The only sunny area of this Southern garden showcases a cutting garden, which features poppies in shades of pink, bachelor's-buttons, and a New Dawn rose climbing along the garage.

A little ingenuity can transform even the tiniest yard into a blooming landscape. Georgia gardener Esther Stokes created a color-filled bonanza in a sloping yard that was too small and too shady. The heavy clay soil supports a spectacular collection of mini gardens—a cutting garden, a woodland area, a secret garden, and perennial beds.

by Julie A. Martens



A short, stacked stone wall defines the flower beds filled with perennials. The wall is the perfect height for sitting, whether Esther is pulling weeds or hosting an informal garden brunch.

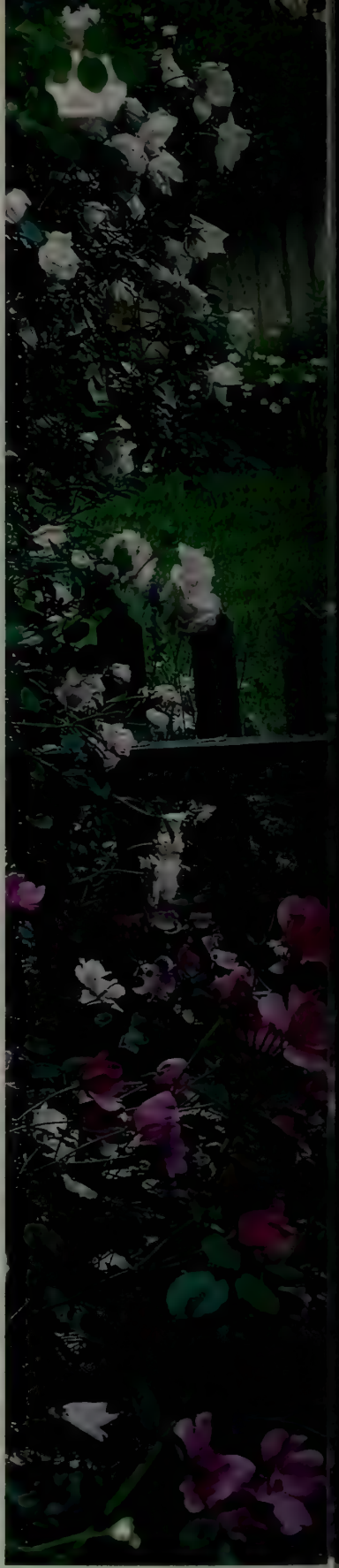
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paradise

Creating an outdoor retreat is something every gardener dreams of. But when Esther Stokes purchased her dream home in suburban Atlanta, the yard that came with it was more like a nightmare. "It was a tiny yard filled with one big slope and covered mostly with shade," she says. With the help of a tractor and a stonemason, Esther laid the foundation for her gardening oasis by creating two distinct garden rooms in the backyard.

The rooms are flat, oval areas bordered by wide perennial beds and separated by a stacked stone wall. The borders overflow with flowering annuals, perennials, hostas, and ferns. "I'm always looking for tough plants that can take our Atlanta heat and my shade, so I use the perennial gardens to test new plants," Esther says.





A spacious deck, left, *gives easy access to the garden. Two American boxwoods create the pinch in the garden's figure-eight shape. The two large lawn areas are bordered by sizable beds filled with perennials and accent plants.*



A picket fence emphasizes the contrast between the flowing lines and plantings of the two main gardens and the more formal paths and raised beds of the cutting garden.

The front and side of the house challenged Esther to dream up more creative gardening solutions. "In front I had one huge ivy bed in total shade," she says. By saving the front half of the bed, Esther created an ivy facade that greets passersby. One step behind the ivy reveals a woodland garden with ajuga, foxglove, ferns, acorus, Lenten rose, and hosta. The shade garden glows with year-round color, thanks to Esther's inspired plantings. "Before the nearby trees leaf out, I drop in



Planters set into perennial beds create interesting focal points throughout the garden. In this urn, caladiums, impatiens, asparagus fern, and variegated ivy share a shady corner with a hosta, foxglove, and a holly fern.

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paradise

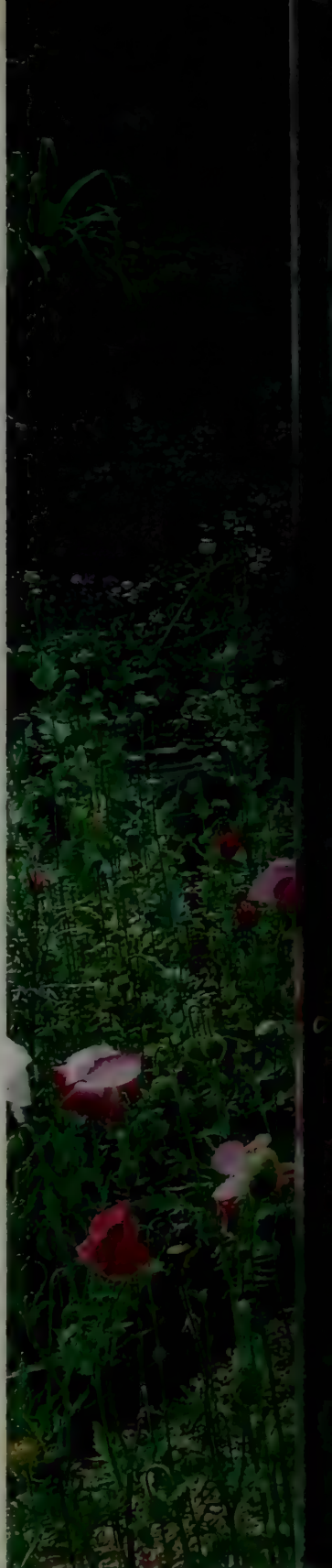
bright, blooming annuals. Last year, it was violas," she explains. "After the tree canopies fill in, I choose shade-tolerant annuals such as impatiens. This garden is my stage: The perennials set the backdrop, and annuals steal the spotlight throughout the season."

The woodland garden also contains one of Esther's trademark touches: perennials interplanted with ground covers. "My ground cover of choice is creeping Jennie," she says. "I have that planted in with astilbe and Japanese anemone." A wrought-iron bench and chair complete the shade garden decor.

Another heavily shaded area—a 6-foot-wide strip tucked between the house and fence—has become Esther's secret garden. "This area shows just what you can do with total shade and horrendous soil," she says. "Soil preparation is the secret. I worked in ground pine bark, mushroom compost, and chicken manure, and then let my imagination run wild."



Bright flowering perennials tumble over each other in beds bordered by a picket fence and a stone wall. Newport Pink, Sweet William, sweet pea, bronze fennel, and yellow Iris pseudacorus *spill over the wall and onto the stone path in a profusion of color.*



The charming cutting garden features raised beds filled with annuals, a Betty Prior floribunda rose, and a New Dawn climbing rose, which has been trained onto a grid-like support mounted on the back side of the garage.



A stone path rambles through the narrow retreat, meandering by shade-loving wildflowers, delicate ferns, and variegated hostas. The trail ends at a wrought iron chair, the perfect complement to this alfresco hideaway.

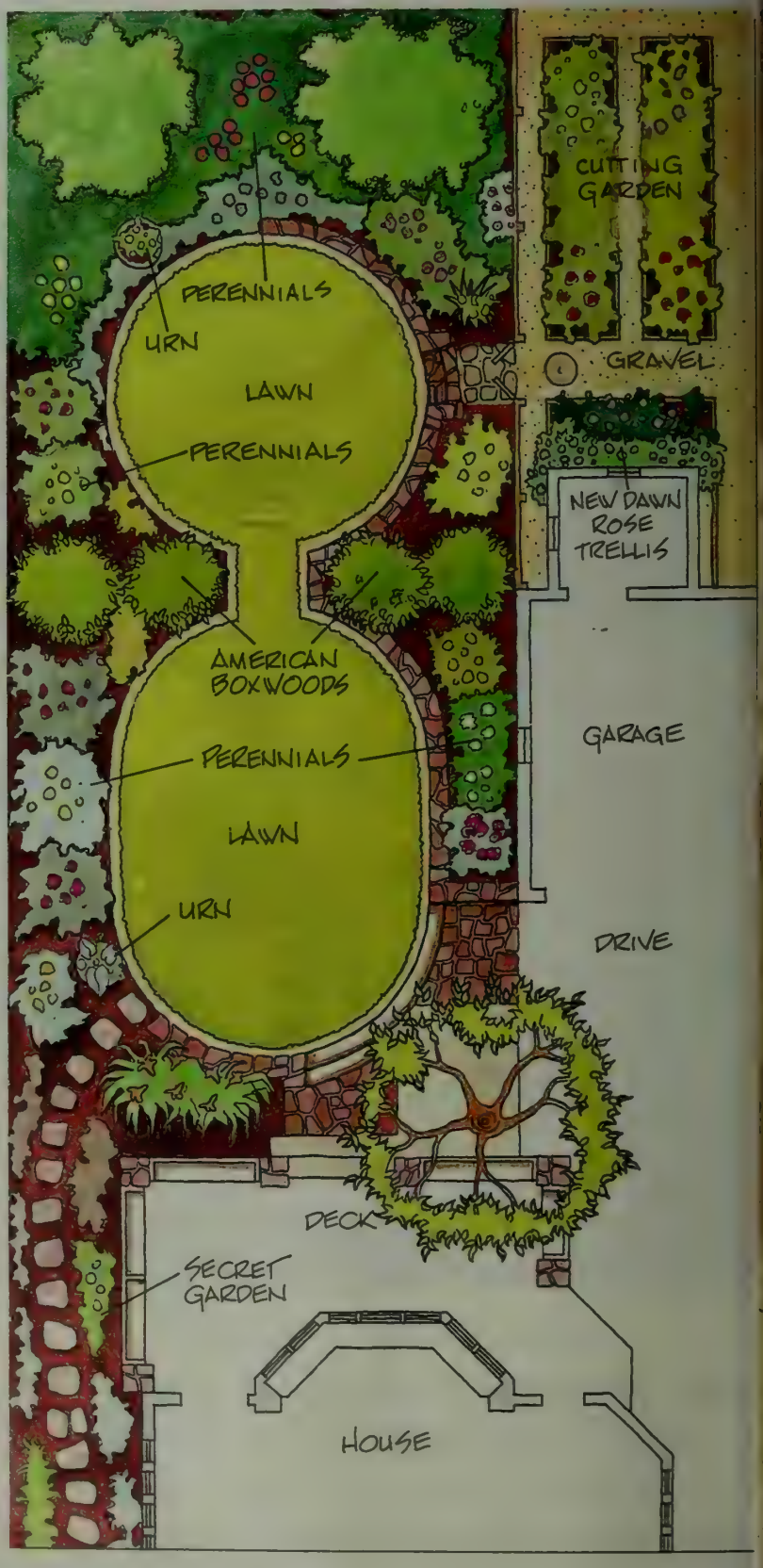
Esther's yard has one sunny spot, directly behind the garage. "From the moment I saw this house, I earmarked the sunny area for a cutting garden," Esther explains. "The only problem was that the area was at the foot of the big slope, so drainage is terrible. Every time I planted seeds, they washed away.

postage stamp

paradise



Esther reclaimed this shade garden from an overgrown bed of ivy in front of the house. The perennials—astilbe, creeping Jennie, Lenten Rose, hosta, and Japanese anemone—provide year-round color. Esther adds annuals, such as impatiens or violas, to brighten the setting.

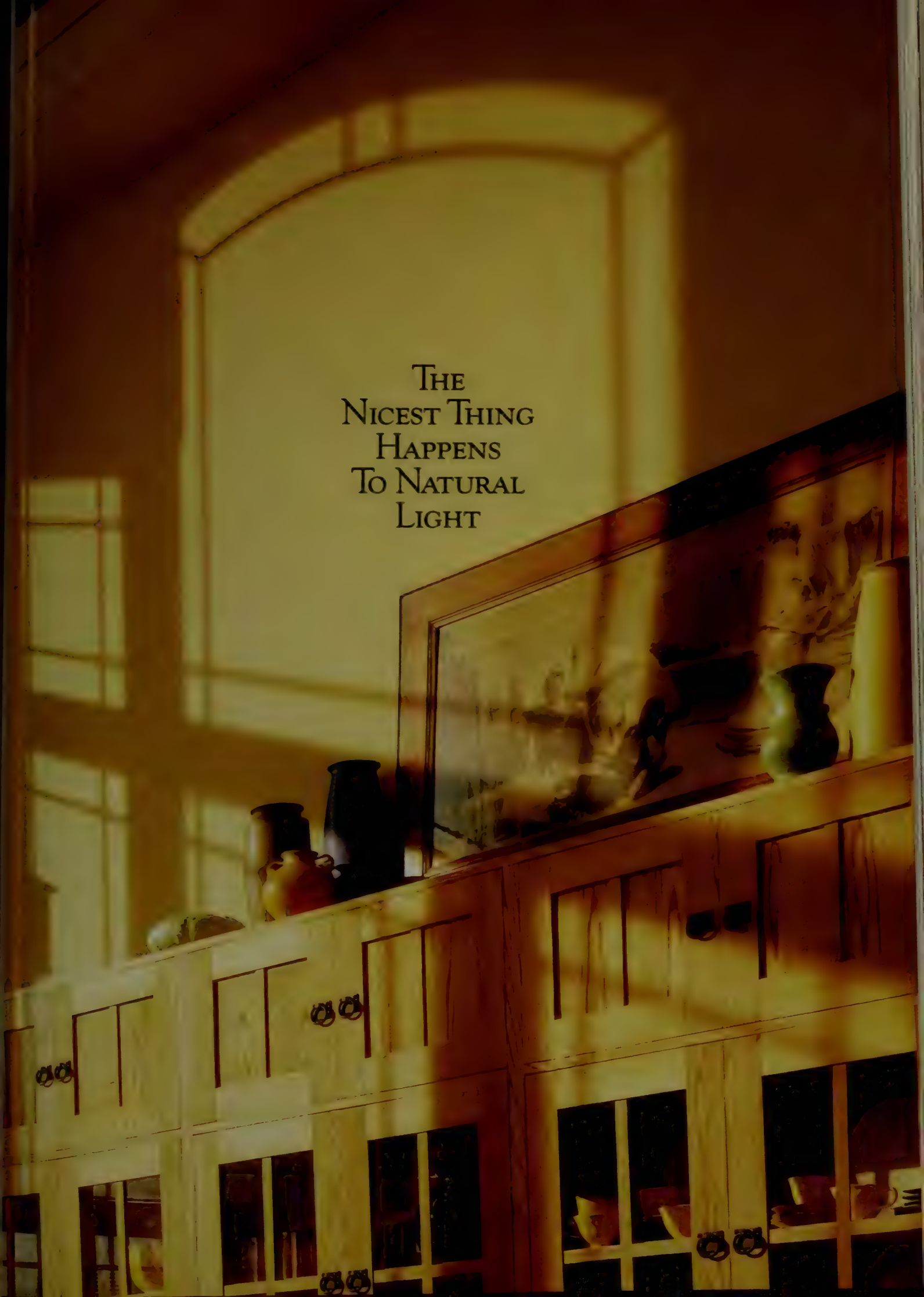


This garden plan squeezes maximum gardening enjoyment from minimum space. Esther started with a sloping, 75x55-foot backyard and ended up with over eight separate growing areas. The largest plantings are perennials, which form living borders for the backyard's two rooms.

With raised beds, water drains around the boxes and I have flowers to cut." Esther's fresh flower bouquets overflow with larkspur, peony and Shirley poppies, and bachelor's-buttons.

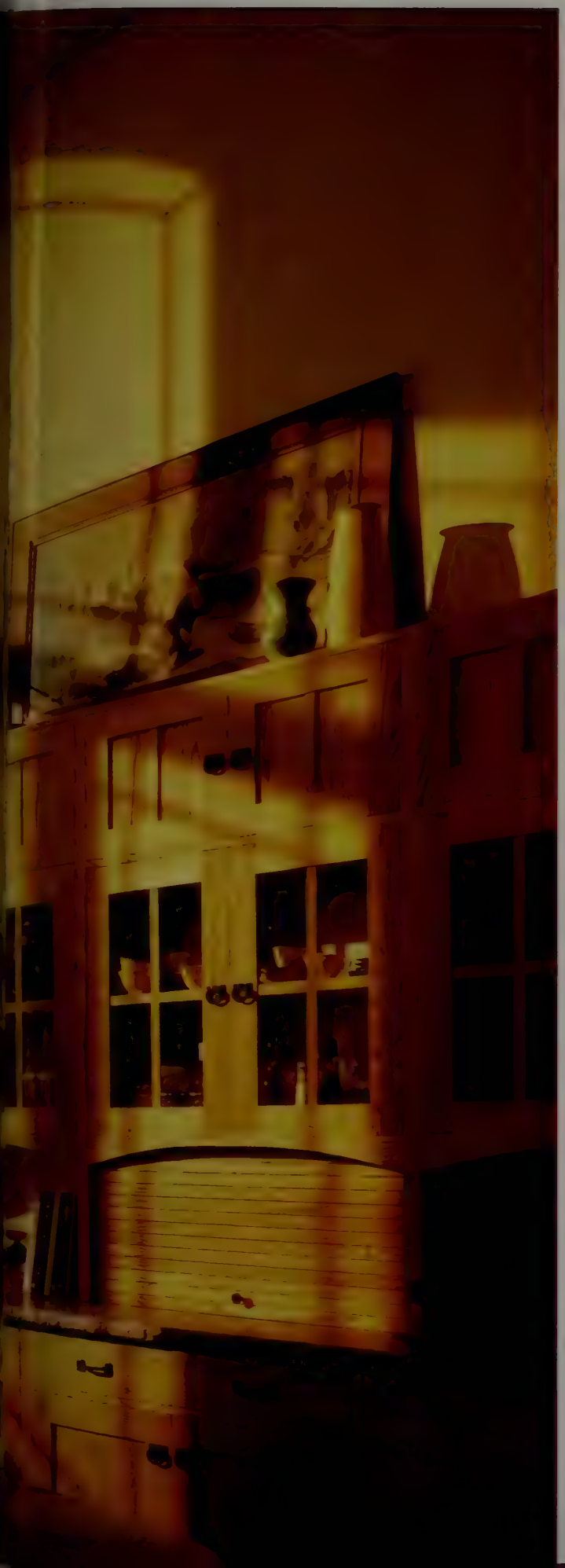
Today, Esther's shady, sloping yard blooms with creative combinations of perennials, annuals, and garden accents. Together, they weave a charming bit of paradise. ⌂

Buying information, see page 91


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Decorating Q & A

Q: *I have a three-season porch that is enclosed by storm windows and doors. I want to replace the indoor/outdoor carpet that's been in the space for several years. The floor is raised and insulated, but the room still gathers some moisture from condensation around the doors during cold weather months. The room also receives direct sunlight during the day. What type of flooring will resist temperature changes and also resist fading from the sun?*

A: The most durable floor coverings for your seasonal porch would be ceramic tile or hardwood flooring that has been sealed with several coats of polyurethane. Neither material should fade dramatically or be affected by freezing weather conditions. Ceramic tile is naturally water resistant, and the new polyurethane finishes seal wood well to protect floors from water damage (especially when the finishes are used generously). Both materials have the added advantage of easy upkeep. Vinyl flooring can also be used if the subfloor is clean and you use a quality mastic or adhesive. Be aware that the vinyl floor—though less expensive than ceramic or wood—may need to be replaced more often because it tends to curl and fade when exposed to wet and sunny conditions.

Q: *I just moved into an old house that is overrun with wallpaper. I've been told that it would be tough to strip these particular walls. I don't really want to paper over all the walls, so is it okay to paint over wallpaper?*

A: It is possible to paint over a wall covering with beautiful results, but only if the conditions are right. First, the wall covering should be tight to the wall with smooth seams. If a few peeling edges are the only problems, you can scrape off the loose area with a razor blade, fill the slightly recessed spot with a bit of Spackle, then sand. If your wall covering has any sheen, first wipe it with mineral spirits to remove the filmy topcoat. Then, prime the area with an enamel undercoat that has a stain killer. Now you're ready to paint. (Keep in mind that flat paint hides imperfections better than glossy.) If the covering is old or dull in finish, it's likely made of paper, in which case you simply prime and paint.

For answers to your questions, write to: Decorating Q & A, Better Homes and Gardens®, Dept. ID, Des Moines, IA 50309. Sorry, materials cannot be returned.

What a beautiful way to keep your vows.



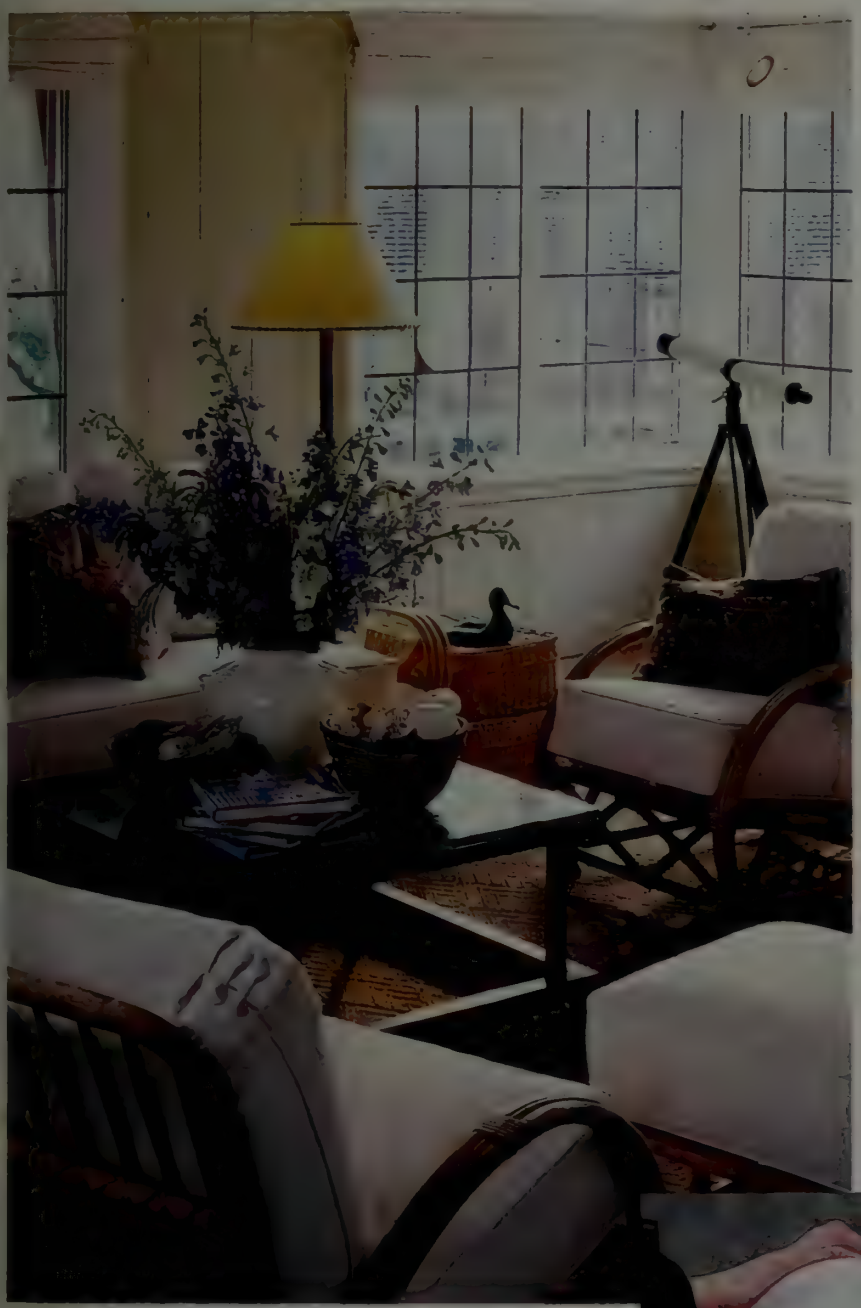
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everyday escape



by Sandra S. Soria

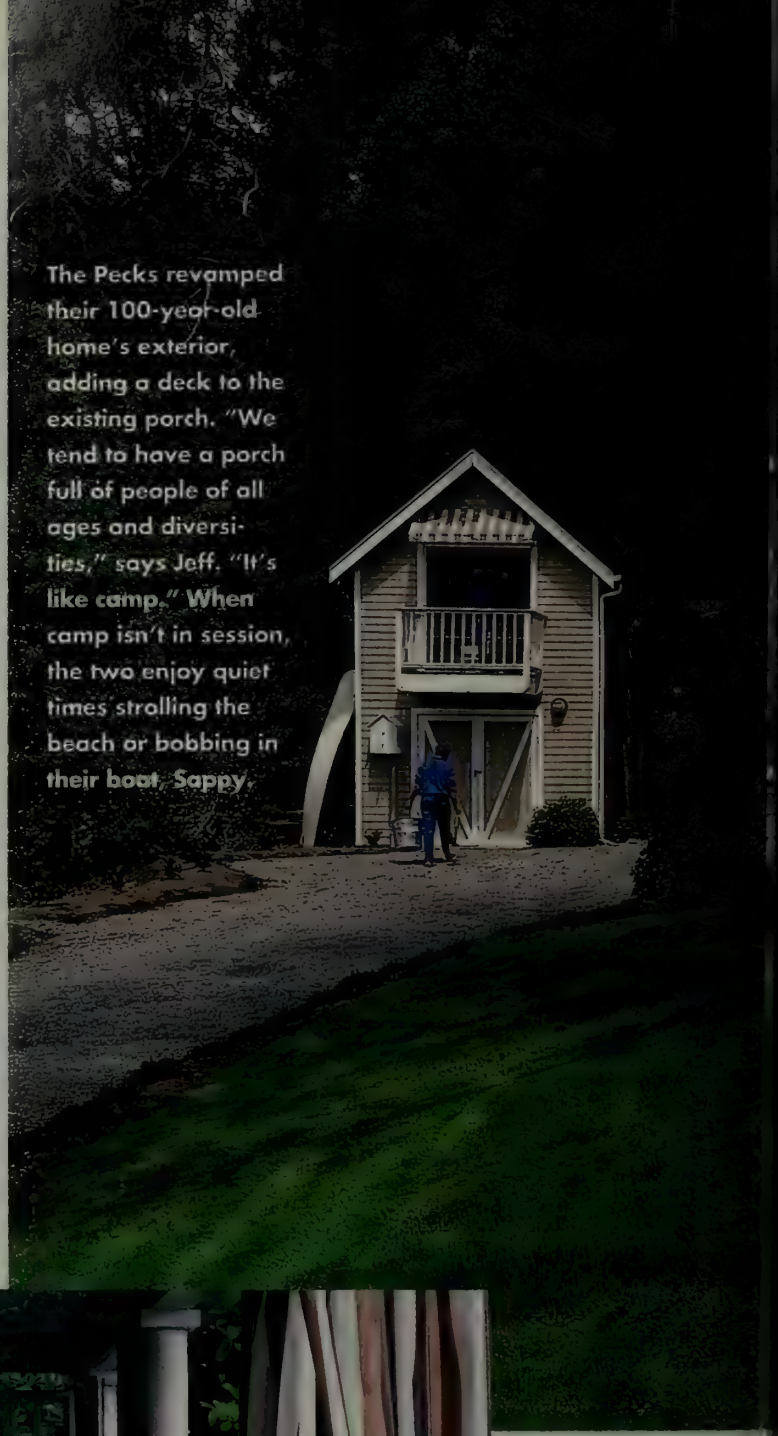
A few hundred yards beyond the front windows of Jeff and Solveig Peck's Seattle-area home, the tides of Puget Sound quietly drift in and then, predictably, creep away again. Obviously under the water's influence, the Pecks have created a home that's as easygoing, natural—even as cyclical—as the sea itself.



Solveig and Jeff Peck love the natural, slightly salty Northwestern environment, so they brought the feeling into their home with outdoorsy furniture, seaworthy accessories, and lots of touchable textures.

everyday
escape

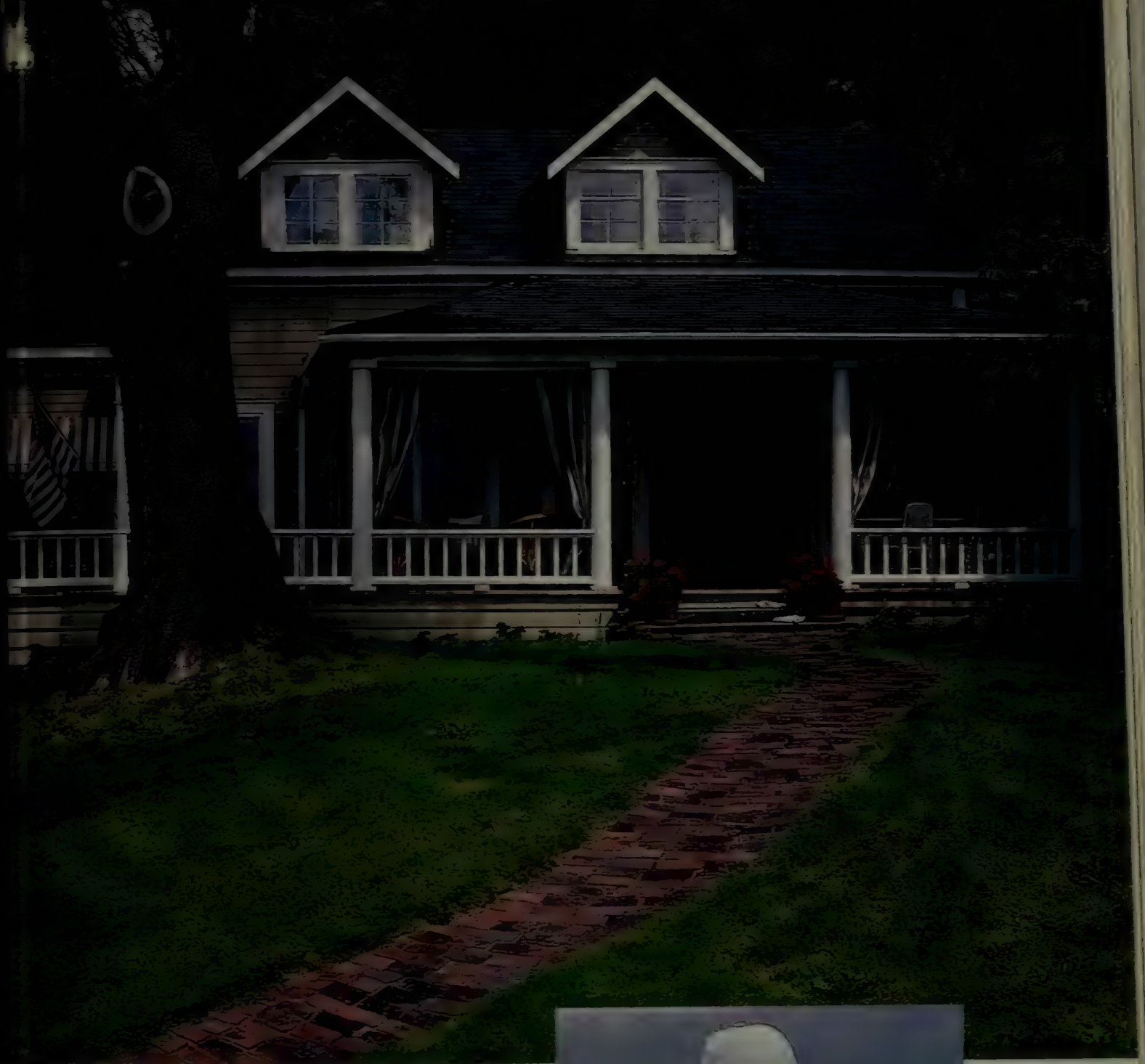
Some twenty years ago, the Pecks bought the turn-of-the-century home as a passage to the simple life. Then with two children in the single digits, Jeff and Solveig (pronounced Soul-vay) saw the sturdy old frame house on the sleepy outskirts of the city as a comfortable and safe place to raise their family. "We're hicks at heart," says Jeff. "We've always liked the fact that this area is about 30 years behind the times, with a comforting sense of community." Besides, adds Jeff, he and Solveig had more time than money back then, and they could afford to be close to the water by moving further from the city and commuting.



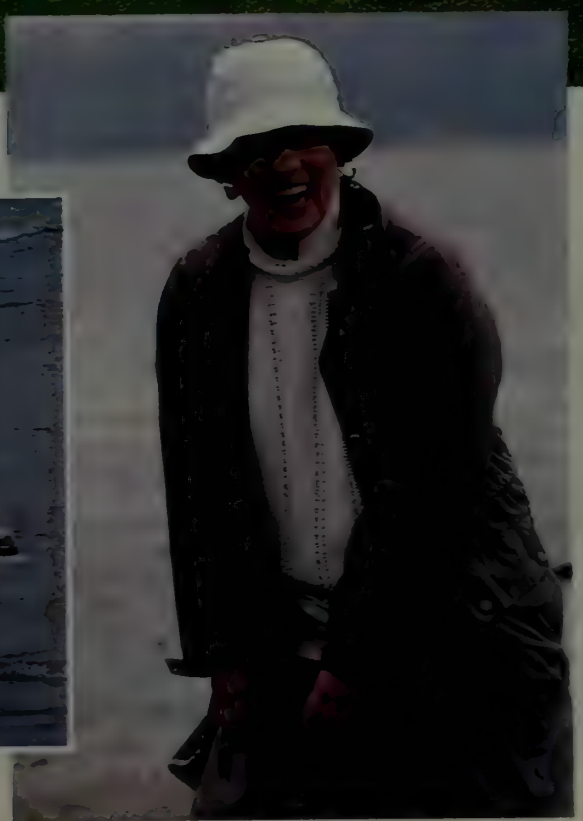
The Pecks revamped their 100-year-old home's exterior, adding a deck to the existing porch. "We tend to have a porch full of people of all ages and diversities," says Jeff. "It's like camp." When camp isn't in session, the two enjoy quiet times strolling the beach or bobbing in their boat, Sappy.



With all the comforts of home, the Peck's porch functions like an extra room—or two. "In the summertime, we spend more time out here than we do in the dining room," says Solveig. Made from outdoor awning fabric, striped curtains slide shut to fend off the weather.



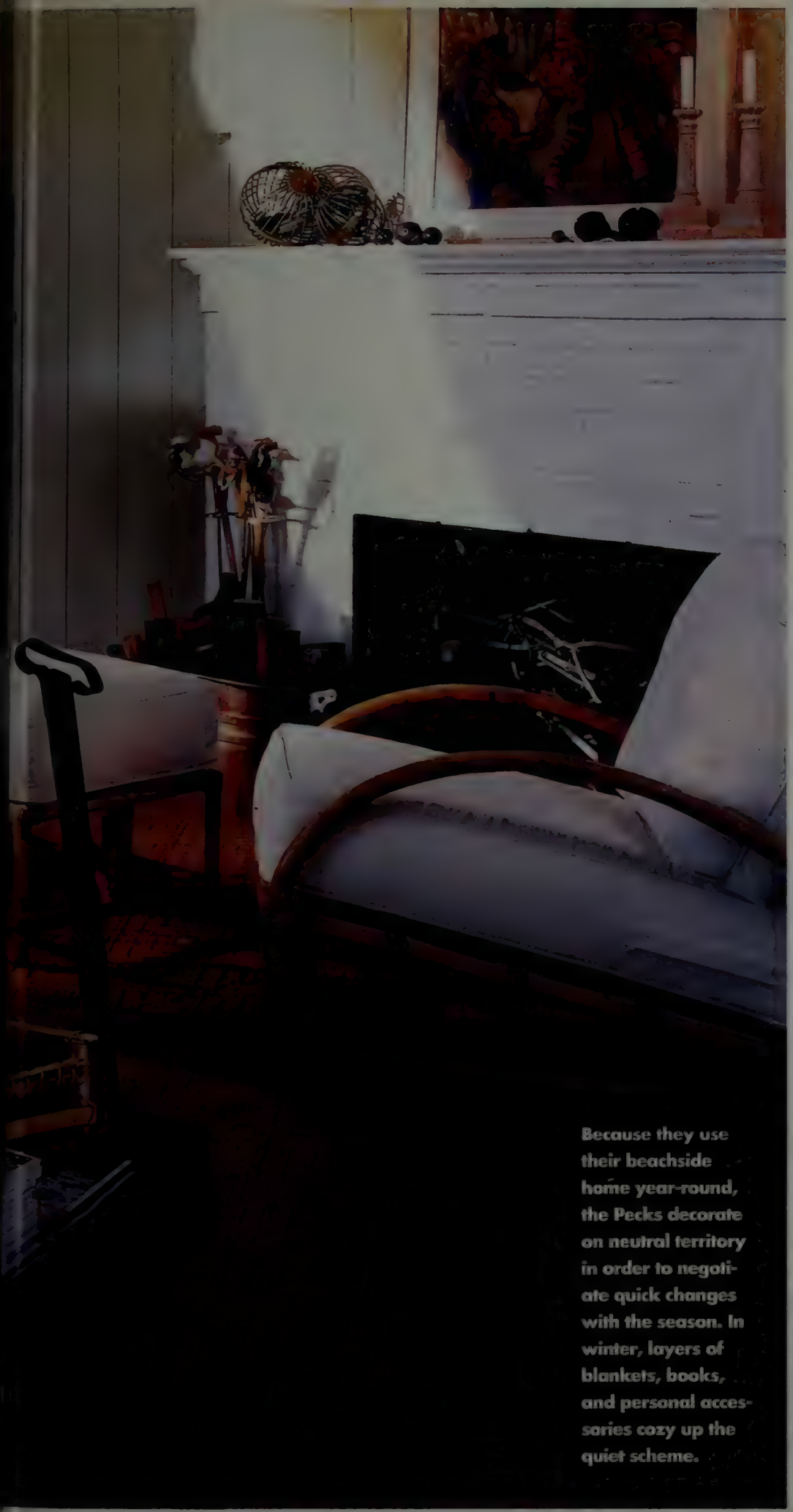




everyday

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Because they use their beachside home year-round, the Pecks decorate on neutral territory in order to negotiate quick changes with the season. In winter, layers of blankets, books, and personal accessories cozy up the quiet scheme.

Inside, the home's simple farmhouse architecture also rests blissfully in another era, requiring only some freshening to see the family through the ages. "One of the first things we did was to paint out the dark cedar paneling," says Solveig. "Many of our friends gasped at the idea, but we are constantly shuffling furniture and accessories from room to room—with the seasons and with our mood—so we wanted the backgrounds neutral and flexible. Besides, it's got a great beachy feel." A brick fireplace also got a whitewashing, making it a clean display place for a changing gallery of art and collectibles.

The Pecks strong love of family and friends ultimately determines the furnishings in the home. "Simply put, we like design that is real," says Jeff, an interior designer by trade. From the front porch to the back door, every room not only welcomes a crowd but can stand up to one, thanks to the durable, natural materials the two prefer. Vintage rattan furniture wears covers of sturdy, preshrunk cotton canvas that can be slipped off and into the washer for cleaning.

The couple also stretched the family budget to invest in high-quality, sandy sisal carpet that has paid them back with years of wear. "We've raised kids and puppies on this carpet," says Solveig, who helps Jeff manage his design business. "It cleans up with club soda—which we always have on hand."


The Bible Almanac



everyday

escape

Added on when the Peck family moved into the home in 1974, this room is a "favorite family hangout." It's full of casual classics that can be dressed up or down for the occasion. A brick floor is in step with the natural materials used throughout the home.

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As with many older homes, this one's charm lies in its nooks and crannies. To round out the home's character, the Pecks pay as much attention to these decorating details as they do main rooms in the home, accessorizing with personal items that not only delight the eye, but tickle the heart with the stories they tell. For instance, the small first floor bathroom was revamped cabana-style as birthday surprise for Solveig.

"While we were away I hired a Lutheran minister who was between churches to do the painting," says Jeff. "I dropped him off at the house, and when I returned a few days later it had been magically transformed."





Jeff hangs his hats, worn home from a lifetime of travel, in a ready-made display case. "A stairwell is a great place to show off treasures," says the designer. "You've got a captive audience."

Interior designer Jeff doesn't just decorate rooms, he designs experiences. With a replumbed old tub and an artful paint job, this tiny bathroom becomes a nostalgic beachside changing room.

Upstairs in the home's coach house, salvaged shutters and a vintage marble-top café table serve up a bit of European-style romance.

Buying information, see page 91


WIT'S END

It Takes A Great Chicken To Make Chicken Great.

Any chicken dish tastes great when you start with a soup this good.



Chicken Crunch

Prep Time: 15 min. Cook Time: 20 min.

1 can (10 3/4 oz.) Campbell's® Cream of Chicken Soup
1/2 cup milk
4 skinless, boneless chicken breast halves
2 tbsp. all-purpose flour
1 1/2 cups Pepperidge Farm® Herb Seasoned Stuffing, finely crushed
2 tbsp. margarine, melted
1 tsp. chopped fresh parsley or dried parsley flakes (optional)
1/2 tsp. lemon juice (optional)

1. In shallow dish, combine 1/3 cup soup and 1/4 cup milk; set aside.
2. On waxed paper, lightly coat chicken with flour; dip into soup mixture. On another piece of waxed paper, coat chicken with stuffing.
3. On baking sheet, arrange chicken. Drizzle with margarine. Bake at 400° F. 20 min. or until chicken is no longer pink.
4. In 1-qt. saucepan, combine remaining soup, 1/4 cup milk, parsley and lemon juice. Over low heat, heat through, stirring occasionally. Serves 4. Serving Suggestion: pictured with sugar snap peas and carrots.



Campbell's.
Never Underestimate The Power Of Soup.®

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everyday
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Cleanable cotton canvas fabric threads its way into the upstairs too, giving shapely family furniture a crisp look.

As if they just washed ashore, salty objects welcome back-door visitors with a casual greeting and a hint of what's to come.



Upstairs, more character-laden furniture takes a stand against neutral hues and windows unladen by fabric. The family pieces have worn many covers and graced many rooms over the years, a testament to the adaptability of classic design. A case in point: The bird's-eye maple sleigh bed is made from two twin beds that the Pecks permanently joined into a king-size oasis.

But the furnishings are no more adaptable than the home itself, which seems to go with the ebb and flow of this family's lifestyle. With their children out of the house, Jeff and Solveig use the cottage as a second home, living there daily in the summer and on weekends in the soggy winter months. "We bought a townhome closer to work," says Jeff. "We decided we preferred two simple homes to one fancier one. Besides, this is home to our kids—we would never sell it for that reason."

The Best Way To Complement Chicken Is With Chicken.



Chicken Noodle Parmesan

Prep Time: 20 min. Cook Time: 10 min.

- 1 can (10 3/4 oz.) Campbell's® NEW Cream of Chicken & Broccoli Soup
- 1/2 cup milk
- 1/3 cup grated Parmesan cheese
- 1/8 tsp. pepper
- 3 cups cooked medium egg noodles (about 3 cups dry)
- 2 cups cubed cooked chicken*

In 3-qt. saucepan, combine soup, milk, cheese and pepper; add noodles and chicken. Over low heat, heat through, stirring occasionally. Garnish with parsley if desired. Serves 4.

* If desired, substitute 2 cans (5 oz. each) Swanson® Premium Chunk White Chicken, drained.

Serving Suggestion: pictured with green beans and cherry tomatoes.



Chicken Crunch

Prep Time: 15 min. Cook Time: 20 min.

- 1 can (10 3/4 oz.) Campbell's® Cream of Chicken Soup
- 1/2 cup milk
- 4 skinless, boneless chicken breast halves
- 2 tbsp. all-purpose flour
- 1 1/2 cups Pepperidge Farm® Herb Seasoned Stuffing, finely crushed
- 2 tbsp. margarine, melted
- 1 tsp. chopped fresh parsley or dried parsley flakes (optional)
- 1/2 tsp. lemon juice (optional)

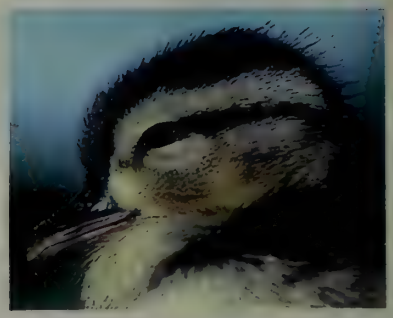
1. In shallow dish, combine 1/3 cup soup and 1/4 cup milk; set aside.
2. On waxed paper, lightly coat chicken with flour; dip into soup mixture. On another piece of waxed paper, coat chicken with stuffing.
3. On baking sheet, arrange chicken. Drizzle with margarine. Bake at 400° F. 20 min. or until chicken is no longer pink.
4. In 1-qt. saucepan, combine remaining soup, 1/4 cup milk, parsley and lemon juice. Over low heat, heat through, stirring occasionally. Serves 4.

Serving Suggestion: pictured with sugar snap peas and carrots.



These two Campbell's chicken soups also go with just about anything, from turkey, to pasta, to vegetables. They're not just the best way to complement meals, they're also the best way to receive compliments.

Campbell's. Never Underestimate The Power Of Soup.™



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Fulvous whistling chicks. Least-tern babies. Birds aren't the usual subjects of an advertisement. But then again, we're not talking about just any environmental program. It's one that Amoco designed to give endangered species and other birds a place to feed, breed and nest. These wildlife habitats are monitored by Amoco employees themselves, working together with conservation groups. From North Dakota to



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South Carolina, Amoco employee volunteers are spending time in swampy marshes and mosquito-ridden woods to help preserve all

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kinds of wildlife for future generations. These wetlands wildlife habitats are part of an overall environmental program at Amoco. One that includes clean-burning natural gas for cars and trucks at selected stations as well as our Crystal Clear Amoco Ultimate gasoline which is refined an extra step to reduce hydrocarbon exhaust emissions. Together, these environmental efforts will be good for all living things both today and down the road.

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If you would like more information, please contact us at: Amoco Oil Company, Customer Relations, 1-800-333-3991.

 by Steve Cooper

Trouble at the Tap



Most of our nation's water may be safe most of the time, but the exceptions are frightening.

Consider the traumatic episode last April in Milwaukee when a microscopic parasite called cryptosporidium contaminated the water supply. An estimated 400,000 fell ill and nearly 50 died as an indirect result.

An isolated incident? Perhaps. But Environmental Protection Agency (EPA) records indicate there's trouble at the tap for Americans. A recent study revealed that 43 percent of the nation's water systems serving about 120 million people regularly violate requirements set down in the Safe Water Drinking Act.

This is troubling because sources of pollution are everywhere. Rusting underground tanks slowly leak chemicals and gasoline into our groundwater. Fertilizers and pesticides routinely wash off farm fields into rivers, lakes, and streams. Old landfills leach toxins. Homeowners dump millions of gallons of hazardous chemicals down the drain or onto the ground.

Readers voiced their concerns about clean water in a Family Forum survey published in the March 1993 issue of *Better Homes and Gardens*® magazine. Survey respondents identified water pollution as the country's worst environmental problem.

There's no need for panic, but every reason for precaution. Fortunately, there are steps homeowners can take to protect themselves, even where government agencies are letting us down.

Reducing your family's exposure to these environmental risks requires that you find out what toxins may be in your water and, if necessary, get rid of them. You don't have to be a scientist, you just have to invest a few hours of effort. You may have to buy some equipment, but the most expensive systems are no more costly than a home water softener and they can provide your family with a reassuring margin of safety.

MOST OF OUR NATION'S WATER MAY BE SAFE, BUT THE EXCEPTIONS ARE SCARY.

First, you need to know if pollutants are in your water. If you get your water from a public source, you can avoid expensive water testing by asking utility officials for their water quality analysis. It will list the names and the levels of contaminants affecting your region. Lead is the only exception. Because it usually infiltrates water through a household's pipes and fixtures, lead tests must be done at your tap. Reliable, inexpensive lead test kits are available at hardware stores. One precaution: Beware of salespeople offering in-home water tests. Too often these are scams designed only to turn on the money tap.

If you get your water from a private well, contact your region's public health office for test guidance.

Buying a filter. After you know what's in your water, you can buy a filtration or purification system for your home. Systems combining several features are often necessary. Common equipment choices include:

- Carbon filters. These may be mounted at the faucet or under the counter for the removal of many chemicals, dangerous organic compounds, pesticides, radon, and unpleasant odors from water. Prices range from $50 to $300.
- Reverse-osmosis filters. These clean out lead, nitrates, pesticides, and many organic compounds by forcing water through microscopically fine screens. While effective, even the best systems use three gallons of water to produce one drinkable gallon. Prices range from about $400 to $1,000 and annual maintenance can run as high as $150.
- Distillation. For removal of lead and other metals, distillers are the choice. You'll pay $200 to $600.

Questions? For more information about such issues as testing or equipment, call the EPA's safe drinking water hotline: 800/426-4791. For a complete listing of equipment, write the National Sanitation Foundation, 3475 Plymouth Road, Ann Arbor, MI 48105.

Consider for a moment how your dog must feel after all your experiments with store-bought flea control.



Now go to your veterinarian for the only prescription flea control available.

You've tried dips. You've tried sprays. You've tried shampoos. You've tried collars. And after all this experimentation, your dog still has fleas.

It's time you got a medical solution to this medical problem. Because the fact is, fleas aren't just a nuisance to you and your pet. In dogs, they can cause allergic dermatitis, tapeworms, secondary skin irritations and, in extreme cases, anemia. That's why you need the only FDA-approved* line of flea control products on the market. Available exclusively through your veterinarian, they're safe and easy-to-use. If applied early, they can actually prevent flea problems before they start.

So go to your veterinarian for prescription-strength, FDA-approved* flea control today. And stop making your dog feel like you'd rather have a guinea pig for a pet.

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Additional information available on request.

ADVERTISEME

Whirlpool

TimeSmart℠

Laundry Tips

Stain Removal Clues

Clean up spills immediately, being careful not to work more into the fabric. For nongreasy stains on washables, put the item into cold water (hot water will fix the stain). Work the stain out from the back of the fabric. To avoid a ring, begin working in a circle around the stain, and move in toward the center.

Avoid using automatic dishwasher detergent or white vinegar to remove stains. Dishwasher detergent can irritate skin if used on clothing. And white vinegar can weaken fabric and cause color changes in cotton and other fabrics.

To save time, keep a stain removal kit handy. Stock it with talcum powder (to absorb liquid spills on fabrics you can't wash), liquid detergent (for pretreating greasy stains), dry-cleaning solvent (for non-washable fabrics), cotton balls for applying detergent and solvent, paper towels or absorbent cotton fabric (to back the fabric while you remove the stain) and a plastic spray bottle.

Hard Water Hints

Hard water is hard on fabrics! It doesn't always rinse out well, and leaves behind a detergent residue making clothes and towels feel scratchy and stiff.

If you live in a hard water area, use more detergent than recommended on the package. In soft water areas, less detergent may be needed. To determine your water hardness, call your city's water department or private water service company.

A few tablespoons of baking soda added to each wash load also will help in hard water areas.



Banish the washday blues with a **TimeSmart**℠ *laundry room featuring Whirlpool® appliances and plenty of counter and storage space.*

TimeSmart℠ TIP

Ironing Without an Iron

- Save time by not getting out the iron and ironing board. Your dryer's Tumble Press cycle works great for washables that have been packed or stored for a long time, or that just were left too long in the dryer.
- You can use the Tumble Press cycle to remove wrinkles from dry items of clothing. This cycle tumbles items in heated air for about 10 minutes, then switches to room-temperature air for five to 10 minutes.
- Try tumble-pressing your tablecloths to remove fold creases without getting out the ironing board.

For additional tips to help manage your home better, call for a free Whirlpool® TimeSmart℠ Guide. 1-800-253-1301.

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f only you could duplicate yourself. *Imagine*



w much you'd get done.



Two places at once? You could be in four.

eet dream,

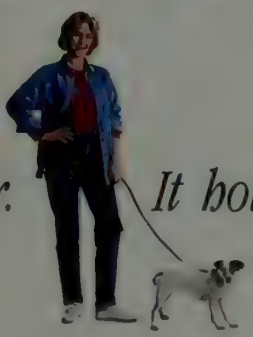


but dreams don't do laundry.



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It's treating you as if our success depends on making you satisfied.

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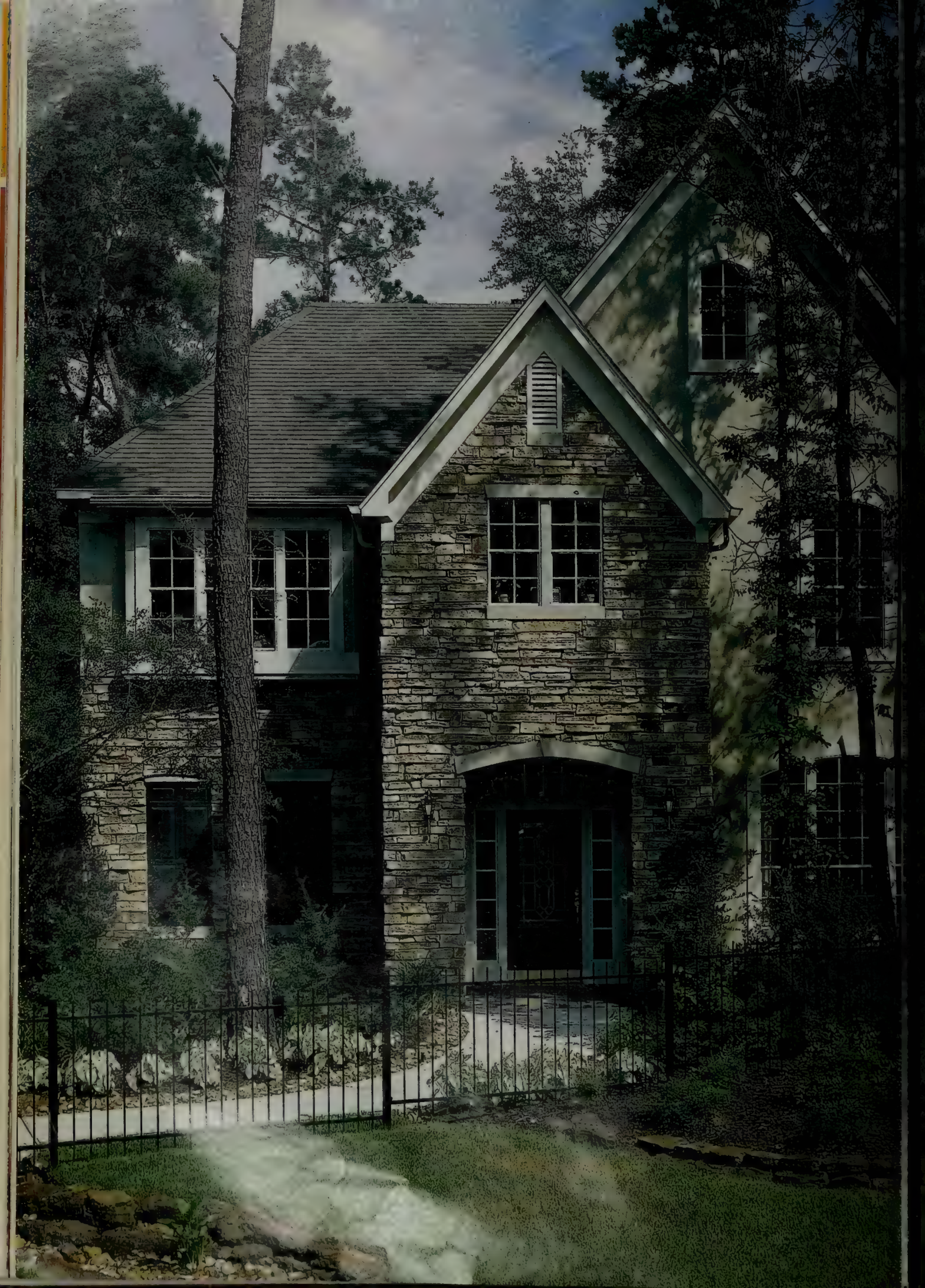
prizewinning *new homes*



It isn't every day you build your dream home, so why not start with a blue-ribbon plan? The four homes on these pages won high praise from a panel of experts who judged the 1993 Best In American Living Awards, a design competition sponsored by the National Association of Home Builders, *Professional Builder,* and *Better Homes and Gardens*® magazine. Each of these homes netted a top award because it offers everything today's families want in a new house—plus a whole lot more. Take a close look at the architectural styling and the floor plan innovations of these eye-catching new homes, then turn your dream home into a prizewinner by borrowing the ideas that made these winners rise to the top.

National Association of Home Builders
Professional Builder
BEST IN AMERICAN LIVING
A·W·A·R·D

By William L. Nolan





American style, British accents

Keystone arches and small-pane windows infuse this handsome house with old-world flavor. Like its British cousins, the house reaches high to deliver extra living space on a tight site, yet it dips close to the ground to emphasize human scale. Unlike many homes across the sea, it hosts large gatherings without feeling the least bit stuffy, thanks to columned arches that merge the main rooms. The price of this 3,362-square-foot house in Houston: $219,400.



first floor



second floor

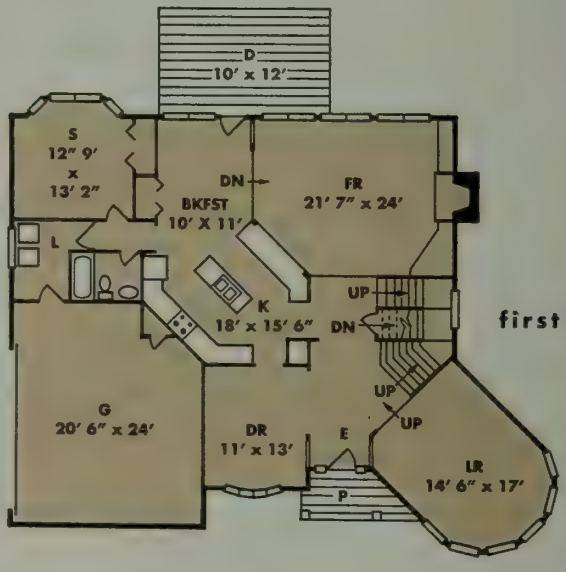
Photographs: Hall Puckett. Architect: Clothier/Sullivan and Associates. Builder: Village Builders



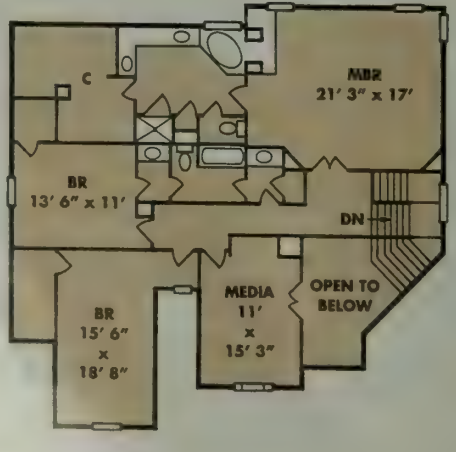
gables, bays, and columns

Photograph: Laurence Taylor
Architect: Shaner Brown, Centex Real Estate Corporation. Builder: Centex Homes

If you hanker for period flavor, here's the home for you. Broad gables convey a comforting sense of shelter, graceful columns draw your eye to the front door, and big bays project a friendly feeling front and back. The bay off the living room reaches out to grab the sun; after dark it turns into a giant lantern—a warm beacon of hospitality for arriving guests. Informal living areas jog around an angled, center-stage kitchen that lies just a few steps from the laundry, powder room, home office, and dining room. Square footage totals 3,217. The price in Atlanta: $206,400.



first floor



second floor

TOTAL PERFORMANCE WINDOWS FROM HURD



Directions On How To Fine Tune Your Home With Hurd Windows.

Today, homeowners are looking at windows a lot differently. Gone are the days of choosing just one type of window for your entire home. Now, Hurd offers you a new idea that lets you select different types of windows and patio doors for different sides of your home. Each type of window is specially designed to keep every room comfortable. Day or night. Winter or summer.

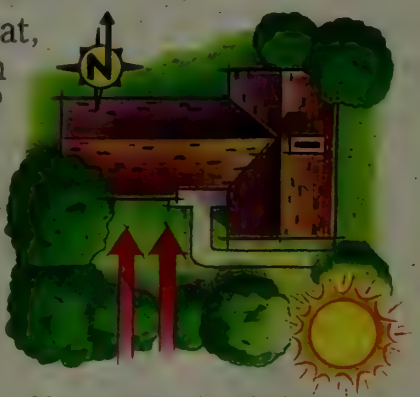
We call it Hurd FineTuning.™

Hurd FineTuning lets you retain radiant heat, block the sun's penetrating rays, shut out noise, even help protect your furnishings from fading. The result? You'll be more comfortable and your home will be a lot more energy efficient.



Heat Mirror 88 windows on the north side lower heating bills by minimizing radiant heat loss.

For example, Hurd Heat Mirror 88™ windows installed on the north and east sides are designed to reflect the inside temperature back into your home. And they keep the cool outside temperature where it belongs–outside. While Hurd Sunbelter 66™ windows installed on the west and south sides protect against extreme afternoon heat gain 50% better than single-pane glass without using tints, blinds or shades.



More protection than shade trees, Hurd Sunbelter 66 windows on the south and west sides protect against extreme heat gain in the summer and retain heat in the winter.

You can even fine tune your home to dramatically reduce noise as well. The Hurd InSol-8® window not only shuts out up to 95% of common outside noise, it insulates to R-8.* In fact, no other window can match the total performance you get from Hurd InSol-8 windows.

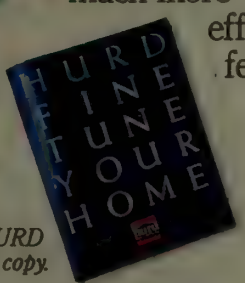


Hurd InSol-8 windows shut out up to 95% of common outside noise. They also block 99.5% of the sun's harmful ultraviolet rays while letting in the sun's visible light.

These are just a few of the tips you'll discover in our new guide: *How To Fine Tune Your Home With Hurd Windows.* To get a free copy, simply call 1-800-2BE-HURD.

See for yourself how Hurd FineTuning can make your home much more comfortable and energy efficient just by following a few simple directions.





Call 1-800-2BE-HURD for your free copy.

When You're Serious About Windows.™

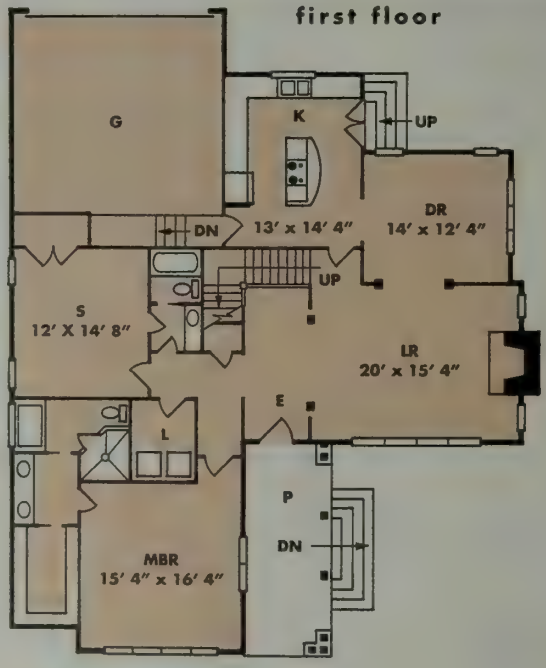
hurd WOOD WINDOWS

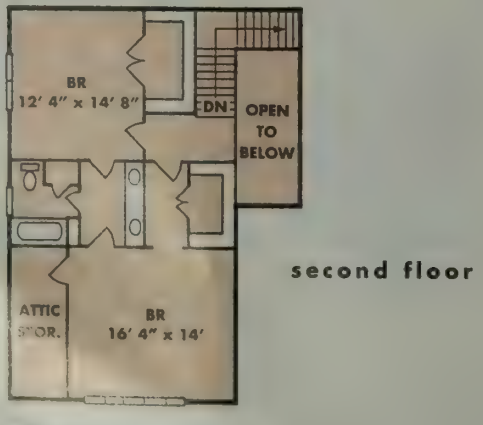
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main street charms

Front-walk friendliness—banks of tall windows, a gracious entry porch, and simple, earth-hugging lines—warms up this 2,150-square-foot house. Sociability reigns inside, too. Wide arches let conversation and traffic flow uninterrupted from the foyer to the living room, the dining room, and the kitchen. Despite the open plan, privacy abounds upstairs and down. On the main floor, both the master bedroom and the study offer private access to a bath, and both bedrooms upstairs open directly to a compartmentalized bath. The selling price for this house in Memphis is $240,000.





Photograph: Mimstudios
Architect: J. Carson Looney, Looney Ricks Kiss Architects, Inc. Builder: Chip Taylor, The Taylor Company. Land planner: Chuck Kubat, RTKL Associates



Do You Know Anybody Who Has Time To Pamper A Kitchen Floor? Neither Do We.

Like most women today, you probably have a mountain of details to contend with. Like a full-time job, or being a full-time Mom. Or both.

So the last thing you need is a floor that needs extra attention.

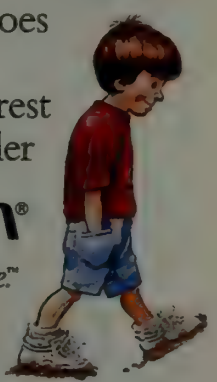
Any vinyl floor that can't take the heat should get out of the kitchen. That's why you'll find Congoleum vinyl floors are designed to stand up to the kind of wear and tear that your family dishes out.

You'll also find our colors and patterns last over the long haul. (After all, what good is a floor that lasts for years, if it goes out of style in two?)

So for the name of the nearest Congoleum Design Studio retailer call 1-800-934-3567, Ext. 101.

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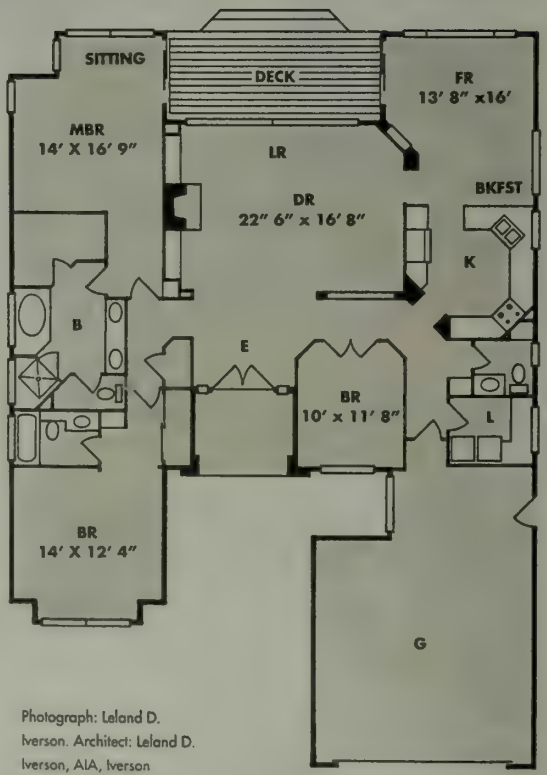
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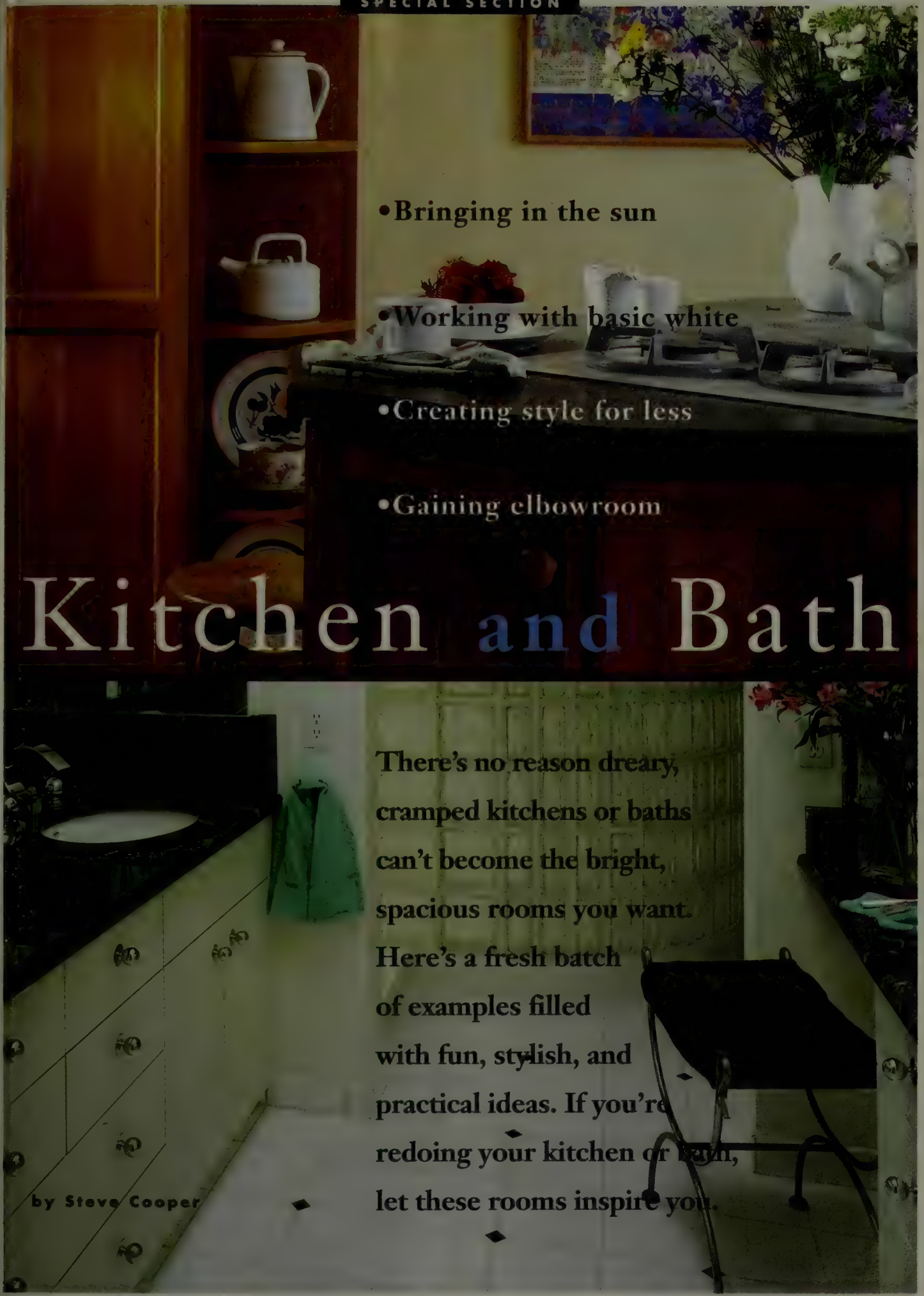
wrap-around ranch

This 2,035-square-foot ranch in Port Ludlow, Washington, fits neatly on a typical tract lot, but it reaches out on the front and rear to wrap around the entry and the deck. The rear wings are lined with window walls—a far cry from the solitary picture window that typified ranches of the '50s. The plan is forward-thinking, too; some rooms can switch to new roles as your family's needs change. The den/bedroom could double as a home office, and one of the suites could house a live-in relative or provide extra privacy for guests or older children. In Port Ludlow, this house sells for $270,000.



Photograph: Leland D. Iverson. Architect: Leland D. Iverson, AIA, Iverson Associates, Inc. Builder: Bob Baldwin, Village Homes. Land Planner: Triad Associates/Pope Resources

Buying information, see page 92.



- Bringing in the sun
- Working with basic white
- Creating style for less
- Gaining elbowroom

Kitchen and Bath

There's no reason dreary, cramped kitchens or baths can't become the bright, spacious rooms you want. Here's a fresh batch of examples filled with fun, stylish, and practical ideas. If you're redoing your kitchen or bath, let these rooms inspire you.

by Steve Cooper



Sun-Country Kitchen

What's a California morning without sunshine? An expansive skylight was installed during the remodeling of Gay and Craig Dixon's kitchen. Shutters are mounted over the sink at a convenient pass-through to the living room. Whoever has cleanup chores can either shut themselves in or open up and talk with those in the next room.

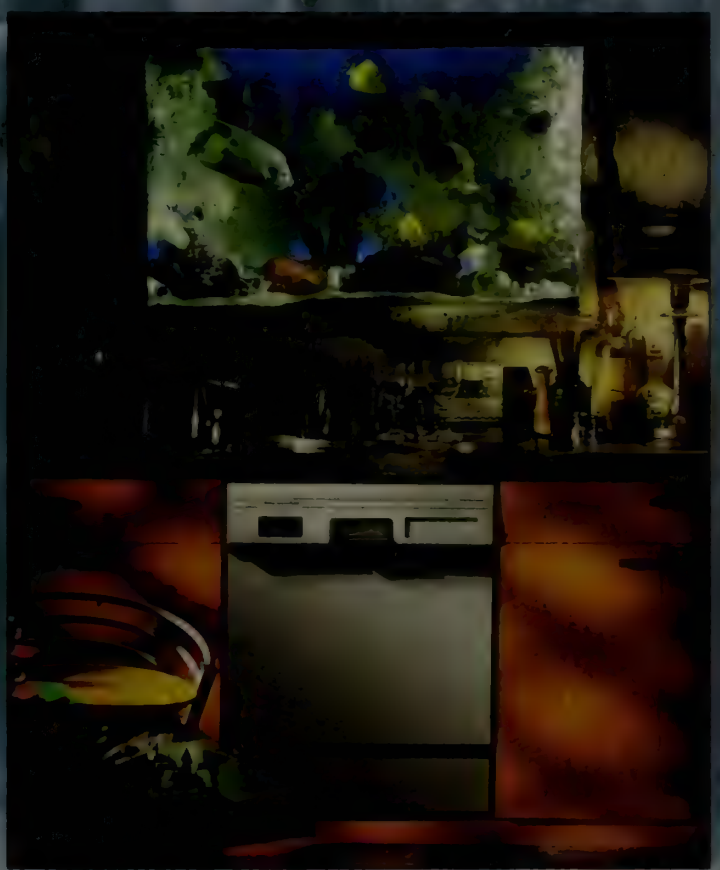
Stepping into the kitchen at Craig and Gay Dixon's home in seaside La Jolla, California, visitors are bathed in light and embraced by warm knotty pine. But it wasn't always this way.

Before it was renovated, Gay says, "The kitchen was dark, chopped up, small, and congested, and I disliked the honey-colored ash cabinetry and the orange-laminate counters." With five children in the Dixon family, the kitchen was also crowded. To clear a path for remodeling, the original kitchen was totally gutted.

To gain an abundance of sunshine, the center of the ceiling was opened with a skylight, and to gain space, a door was enclosed to create a full wall for cabinets. With their highly reflective, almost-white surfaces, new custom cabinets enhance the room's sunny quality.

continued on page Z4

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Canned goods, dinnerware, and small appliances are useless if you can't get at them. To accommodate these items, corner cabinets were fitted with lazy Susans and an appliance garage.

This easy-access desk and storage area was created where there had once been a dark, windowless pantry. Placing the round-top window high on the wall left room for shelving.

Buying information, page Z20.

Sun-Country Kitchen

Other surfaces offer warm style and practicality. Handmade Mexican-clay floor tiles will be toasty on sunny mornings. Brilliant white counters of ceramic tile were chosen to guard against water spills or hot dishes. To offer an aesthetic balance to these hard materials and allow a place for chopping vegetables, an island was topped with butcher block.

The layout is simple and effective with enough room for a busy family. Gay says, "My husband loves to cook and so do the kids, so we appreciate the work surfaces, which also get used for arts and crafts projects." Sounds like home.

continued on page Z8



As I See It #15 in a series
Gary Kelley
"Home Show"
Pastel Poster



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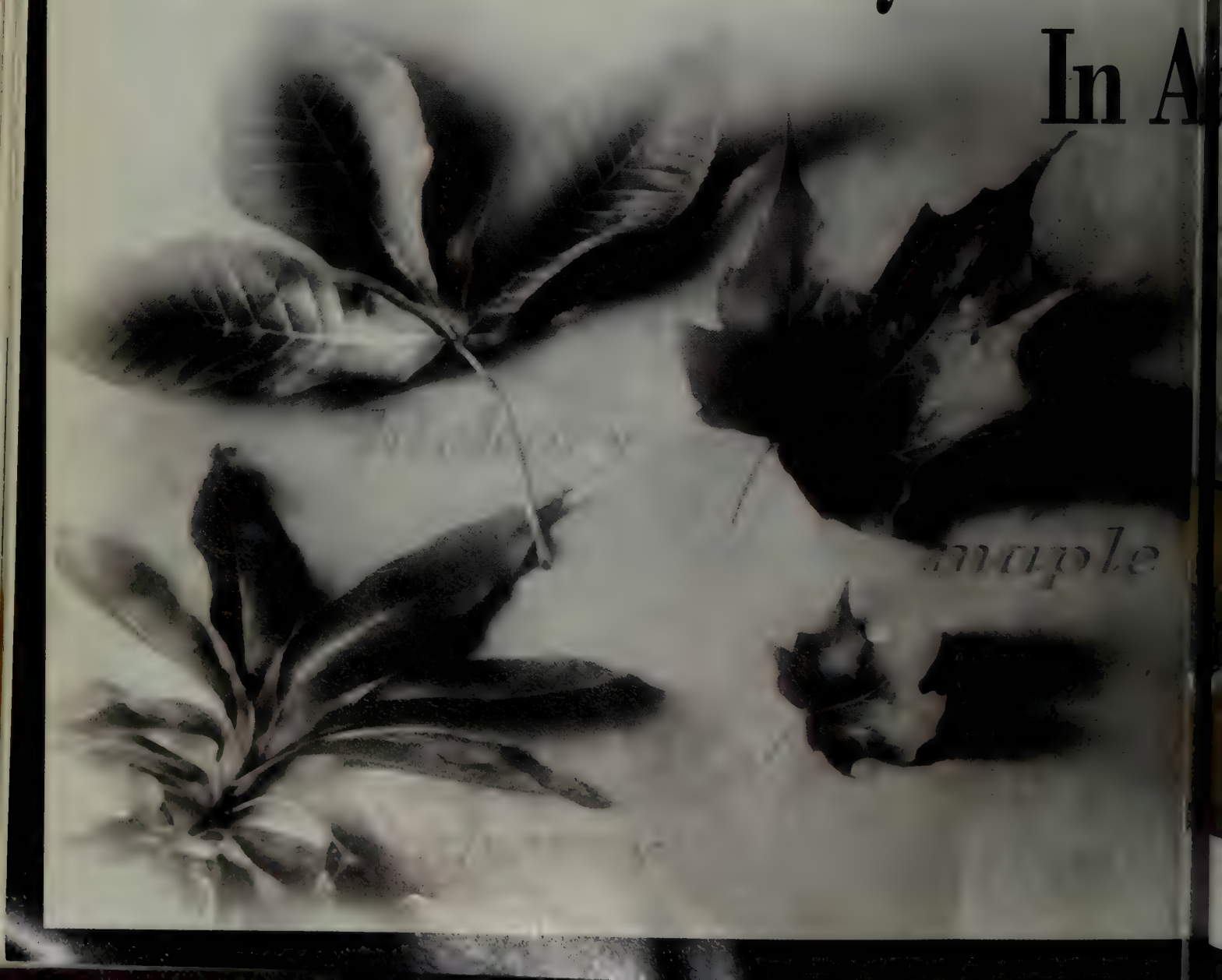
What do you need for a little home show of your own? Our Portrait™ Suite, for one. Delicate curves and finely etched lines à la the best of Victorian times. (Perfect with our Antique™ Faucet.) "So charming!" they'll say. See Yellow Pages for a Kohler® Registered Showroom. For complete product portfolio and idea book, send $8 to Kohler Co., Dept. D90, Kohler, WI 53044 or call 1-800-4-KOHLER, ext. 904.
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This kitchen was made for dinner parties. Guests can sit at the island and talk to the chef or socialize in the adjacent sitting area.

Anne Overholdt wanted to keep cabinets in a smooth, even plane, so a display cabinet was installed over an existing window. Light can still come in, but it passes through colorful glassware and a glass door.

Buying information, page Z20.

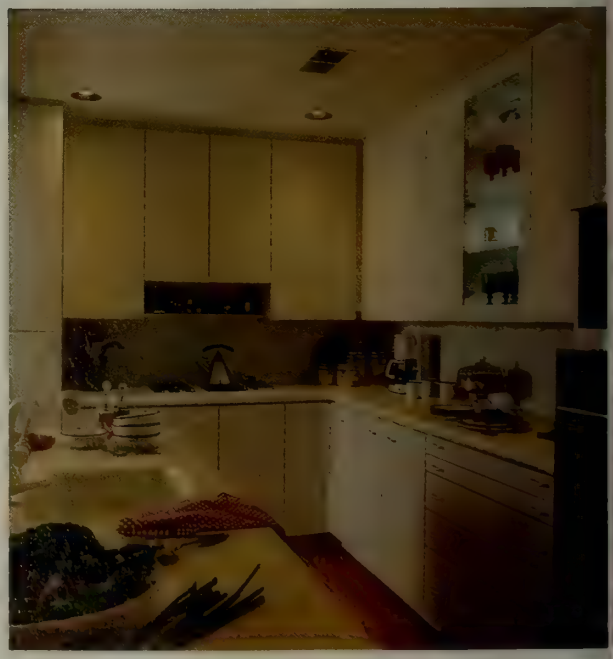
Simply White and Colorful

White goes with anything, even an updated kitchen in a 1950 bungalow. That's what Anne Overholdt discovered when she replaced the kitchen inside her Minneapolis home.

In what had been a boxy room, Anne created an open, relaxed kitchen that blends into a comfortable seating area.

Stark white cabinets and white solid-surface countertops give the room a contemporary feel. Against this gleaming background, the bold red of a goblet, the orange of a pepper, and green leaves seen through a window provide pleasing bursts of color.

continued on page Z10




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By including a ladder of shelves in the design of this pantry, the unit becomes as decorative as it is useful.

Mark and Barbara Bollman's kitchen benefits from the addition of an island, which houses a cooktop with four burners and a grill. The island gives the family and the room a natural gathering point. Cabinets were designed to surround an existing window.

Buying information, page Z20.

Growing Room

After 20 years of use, a Clinton, Connecticut, vacation house belonging to Mark and Barbara Bollman had become too cramped when all their children and children's children visited. Expansion was the cure.

Several feet were annexed from an adjacent bedroom, which allowed the oven wall to move back six feet. The new 12×15-foot kitchen layout resulted.

Gone are the former dark cabinets, dull vinyl floor, and harvest-gold appliances. Replacing them are oak floors, cherry-wood cabinets, stonelike solid-surface counters, and new, high-efficiency appliances.

continued on page Z12



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Collector's Addition

World travelers Nita and Henk van der Werff inherited a dark, tiny kitchen when they bought their 1910-vintage home in St. Louis. To invite the sun in and gain ample room to entertain, they replaced the dinky kitchen with a glass-walled kitchen/eating area and family room. An island with a cantilevered butcher block top anchors the work area and provides space for guests and family to gather round during meal preparation. Nita added color with her extensive collections of blue bottles and South American textiles.

continued on page Z14

High-rise windows wrap around two sides of this roomy kitchen, drawing sun deep into the work area. Ladder-back stools at the island and built-in seating under the windows invite family and guests to savor the room's sunny personality.



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A large island work area diverts traffic around the kitchen. Pendant lighting with blue glass shades echoes prized collectibles on display in the glass-front cupboards beyond.

Tall casement windows over the main sink overlook the back porch. Four-by-four-inch ceramic tile on the countertops eases cleanup for cooking chores or for arranging cuttings from the garden.

Buying information, page Z20.

Collector's Addition

To play up the light-grabbing window wall and showcase Nita's favorite pieces of blue glass, the van der Werffs created their kitchen as a three-dimensional canvas of whites. The white-enameled cabinets are topped with white ceramic tile, and the oak floors are bleached and left mostly bare. Ledges above the kitchen sink provide parking space where Nita's jewel-like bottles can glow in the sunlight, and the window seat accommodates an inviting lineup of pillows covered in textiles that Nita found in Peru and Guatemala. "We hardly use our formal dining room at all now," says Nita. It's easy to see why when the kitchen is so [illegible]

[illegible] page Z16



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Although the walk-through layout is modest in size, the raised ceiling and skylight give this bathroom a luxurious feeling. For a touch of elegance, cool, forest-green marble counters set off a pair of white porcelain sinks.

The well-lit vanity takes only 42 inches of space and includes a bank of drawers. Marble and mirrors enhance the sense of style in this personal retreat.

Buying information, page Z20.

Neat and Clean

After their grown children left home, an Oregon couple decided it was time to invigorate the dated master bathroom of their 1960s ranch-style home.

This streamlined walk-through layout is a neat way to achieve uncluttered convenience. Sinks, drawers, storage for towels, and a makeup table are only steps from the glass-block-enclosed shower.

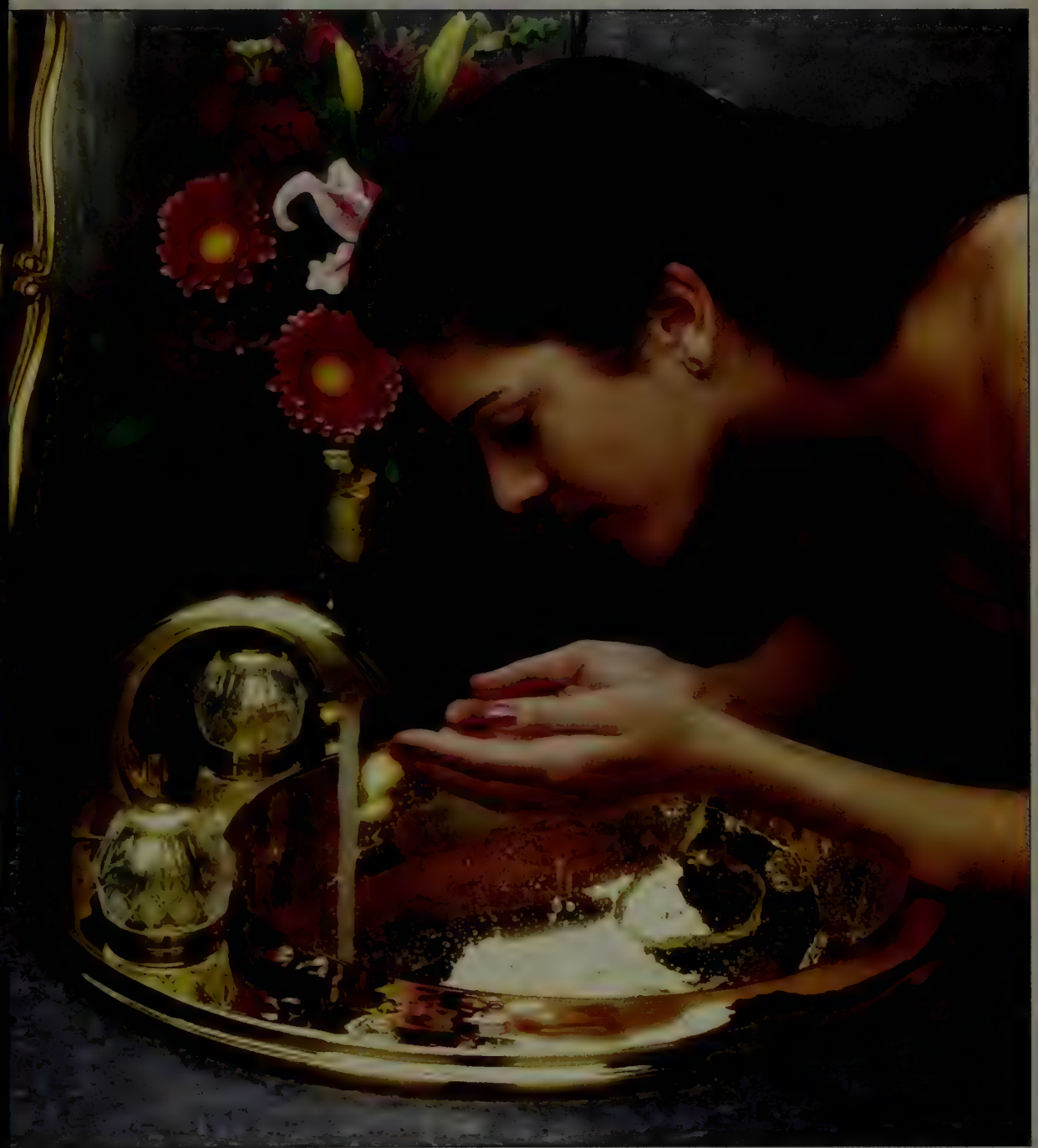
By raising the ceiling to the rafters and punching an expansive skylight through the roof, the bathroom seems much larger than it did prior to renovations. But the room's dimensions are only slightly bigger than they were. Tall mirrors add to this illusion of size.

continued on page Z18



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SHOWN FROM TOP TO BOTTOM, LEFT TO RIGHT: THE TERESA LAVATORY FAUCET IN POLISHED CHROME WITH BRASS TRIM, 558-8400-01; THE LILA BATH AND SHOWER FAUCET IN POLISHED BRASS, 517-8060-04; THE KIRSTEN LAVATORY FAUCET IN POLISHED BRASS WITH CHROME TRIM, 558-8240-04; THE A ROMAN TUB FAUCET IN POLISHED CHROME WITH BRASS TRIM, 518-8500-01; AND THE CYNDA LAVATORY FAUCET IN POLISHED BRASS WITH GENUINE CRYSTAL HANDLES, 558-8800-04, TED ON A CABERET LAVATORY IN POLISHED GOLD, 056-1070.

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Creating a luxurious bath is not necessarily related to the size of the room. A splash of light, a ceiling that stretches upward, and the subtle tone of imported slate help this bathroom feel sumptuous.

Buying information, page Z20.

Let in the Light

High on the list of life's most refreshing activities are lolling in a steamy tub, taking a brisk shower, and basking in sunlight. Fred and Carla Tobis of Mercer Island, Washington, have all this and more in their remodeled master bathroom.

Dark wood interiors in their 1960s home made their bath seem confining, gloomy, and almost completely cut off from the surrounding forest. When the entire house was renovated, their architect transformed the bath by installing a greenhouse bump-out that captures abundant sunshine and makes the pine woods outside part of the bathroom.

To complement the natural setting, the couple picked Chinese slate for walls and floors. With its varied shadings, veins, and imperfections, the slate gives the room a cool texture and a sense of timelessness.

continued on page Z2

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Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* Special Section can be obtained locally. For more information, write the manufacturers listed below. Some privately owned or custom-made items have been omitted from the product listing.

Page Z2: oven, cooktop—Thermador, 5119 District Blvd., Los Angeles, CA 90040. **Refrigerator**—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53711; 800/222-7820. **Trash compactor**—KitchenAid, 2000 M-63 North, Benton Harbor, MI 49022. **Dishwasher**—The Maytag Co., One Dependability Sq., Newton, IA 50208. **Sink**—Elkay Mfg. Co., 2222 Camden Ct., Oak Brook, IL 60521. **Faucet**—Moen, Inc., 377 Woodland Ave., Elyria, OH 44036-2111; 800/347-6636. **Tile**—Walker & Zanger, Inc., 8901 Bradley Ave., Sun Valley, CA 91352. **Rolling table**—Bullock's, 10250 Santa Monica Blvd., Los Angeles, CA 90067. **Recessed lighting**—Halo Lighting, Div. of Cooper Ind., 400 Busse Rd., Elk Grove Village, IL 60007. **Shutters**—JCPenney Home Publicity, P.O. Box 10001, Dallas, TX 75301-0001; 800/222-6161.

Page Z4 (*top*): cooktop—Thermador (address above). **Tile**—Walker & Zanger, Inc. (address above).

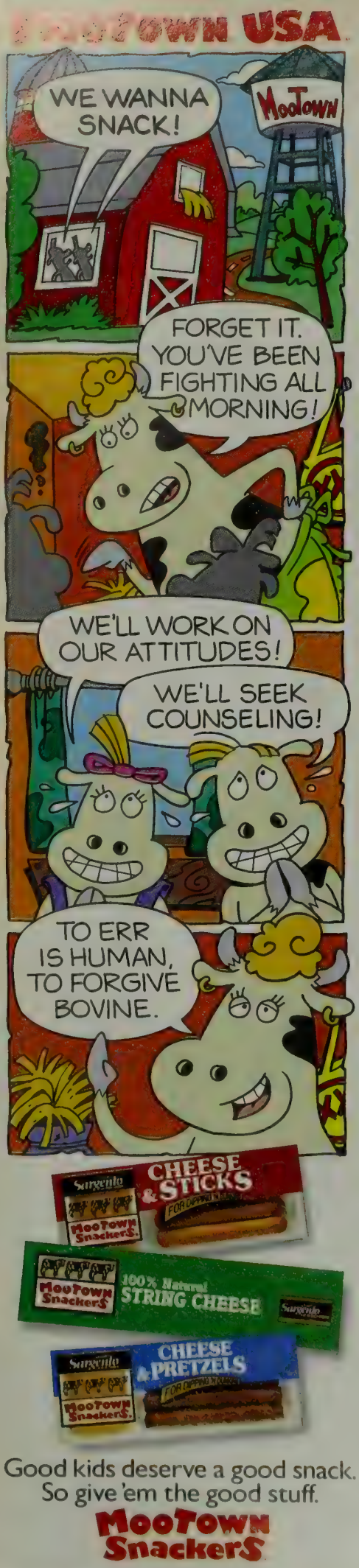
Page Z8: cabinets—ASB Cabinets, 2554 Como Ave., St. Paul, MN 55018. **Island countertop and integral sink**—DuPont Corian, Chestnut Run Plaza, P.O. Box 80702, Wilmington, DE 19880-0702. **Cabinet surfaces**—Wilsonart Laminate, 600 General Bruce Dr., Temple TX 76504. **Microwave oven**—JCPenney Home Publicity (address above). **Wall oven**—The Maytag Co. (address above). **Refrigerator**—GE Appliances, Appliance Park, Louisville, KY 40225; 800/626-2000. **Faucet**—Grohe America, Inc., 900 Lively Rd., Wood Dale, IL 60191. **Instant hot water dispenser**—KitchenAid (address above). **Recessed lighting**—Halo Lighting (address above). **Windows**—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763. **Stools**—Carson Pirie Scott, 1 S. State St., Chicago, IL 60603.

Page Z10: appliances—KitchenAid (address above). **Countertop**—DuPont Corian (address above). **Cabinets**—Heritage Cabinets, 215 Diller Ave., New Holland, PA 17557. **Wood flooring**—Hartco, Inc., 300 S. Main St., Oneida, TN 37841.

Page Z12: windows and door—Marvin Windows & Doors (address above). **Cabinets**—Callier's Custom Kitchens, Inc., 25705 Brentwood Blvd., St. Louis, MO 63144.

Page Z14: (*top*): cabinets—Callier's Custom Kitchens, Inc. (address above). **Pendent lighting**—Lightolier, Inc., 100 Lighting Way, Secaucus, NJ 07094-0508. **Sink and faucet on island**—Elkay Mfg. Co. (address above). **(*Bottom*): sink and faucet**—Franke, Inc., Kitchen Systems Div., 212 Church Rd., North Wales, PA 19454; 800/626-5771. **Ceramic tile**—Dal-Tile Corp., 7834 Hawn Frwy., Dallas, TX 75217; 800/933-8953.

Page Z16: glass block—Pittsburgh Corning, 800 Presque Isle Dr., Pittsburgh, PA 15239; 800/992-5769. **Marble**—Oregon Tile & Marble, 2541 E. Ninth St., Portland, OR 97202. **Sinks, faucets**—Kohler Co., Kohler, WI 53044. **Cabinets**—DWD Contractors, Inc., 11610 SW. Pacific Highway, Tigard, OR 97223. **Lighting**—J.C. Garber Lighting Co., 1140 NW. Everett, Portland, OR 97209. **Shower**



floor tile—Latco Products, 2943 Gleneden St., Los Angeles, CA 90039.

Page Z18: tub and faucet—Kohler Co. (address above). **Shower faucet**—Grohe America, Inc. (address above). **Windows**—Milgard Mfg. Inc., P.O. Box 11368, Tacoma, WA 98411-0368; 800/MIL-GARD. **Lighting**—Lightolier, Inc., 100 Lighting Way, Secaucus, NJ 07094.

Page Z22: sinks, faucets, and shower fixtures—Kohler Co. (address above). **Small black tile on countertop**—American Olean Tile Co., 1000 Cannon Ave., Landsdale, PA 19446. **Cabinet materials**—Forms and Surfaces, P.O. Box 5215, Santa Barbara, CA 93150.

Page Z24: toilet—**Kohler Co.** (address above). **Tub spout and handles**—Price Pfister, Inc., 13500 Paxton St., Pacoima, CA 91311. **White tile**—Import Tile of Berkeley Co., 611 Hearst, Berkeley, CA 94710. **Highlight tile**—Artile, 4336 Broadway, Oakland, CA 94611. **Towels**—Fieldcrest, call 800/841-3336.

Architects & Designers

Page Z2-Z4: Architect—Galvin Cristilli Architects, 2150 W. Washington St., San Diego, CA 92103.

Page Z8: Architect—Tom Ellison, Tom Ellison Architects, Inc., 3527 Hennepin Ave., S, Minneapolis, MN 55408.

Page Z10: Architect—Melanie Taylor, Melanie Taylor Architecture and Gardens, 688 Orange St., New Haven CT 06511. **Designer**—Joanne Stage, CKD, Kitchens by Deane, 1267 E. Main St., Stamford, CT 06902.

Page Z12-Z14: Architectural design—Gay and Frank Lorberbaum, 7533 Forsyth St., St. Louis, MO 63105. **Construction**—G&L Inc., 7533 Forsyth St., St. Louis, MO 63105.

Page Z16: Architect—J. David Richen, 8315 SW. Barbur Blvd., Portland, OR 97219.

Page Z18: Architect—Jeremy Miller Architects, 110 Union St., Seattle, WA 98122.

Page Z22: Architect—Marshall Lewis, 721 Latimer Rd., Santa Monica, CA 90402.

Page Z24: Architects—Marc Ashkenas & Steve Paul, 1090 Peralta Ave., Albany, CA 94702.

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Because the view from the bath opens onto a private garden, selecting a picture window didn't risk invasion of the homeowners' privacy.

The bathroom is lined with parallel mirrors, which seems to make a small space larger and creates a playfully infinite reflection of reflections.

Buying information, page Z20.

Yen for Luxury

An Oriental serenity reigns in this bathroom belonging to Dr. Michael Lenke and Dr. Eleanor Novick of Santa Monica, California. The walk-through layout leads to a step-up tiled tub that overlooks a private garden at the rear of the house. A frameless, L-shaped window turns the garden view into living art, and a screen of glass block recalls Japanese shoji. The theme continues at the vanity, where glossy black ceramic tile counters mimic black-lacquered furniture. A skillfully crafted oak cabinet below and redwood strips above are reminders of nature's beauty.

continued on page Z24





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To add life to the design, deep-green tiles on the raised, vanity-top splash were laid in a diamond pattern. An Art-Deco wall sconce underlines the 1920s style of the home.

Care was even taken to give the magazine rack a personality. Craftsman-like cutouts keep it from becoming ordinary.

Buying information, page Z20.

Artistically Decked Out

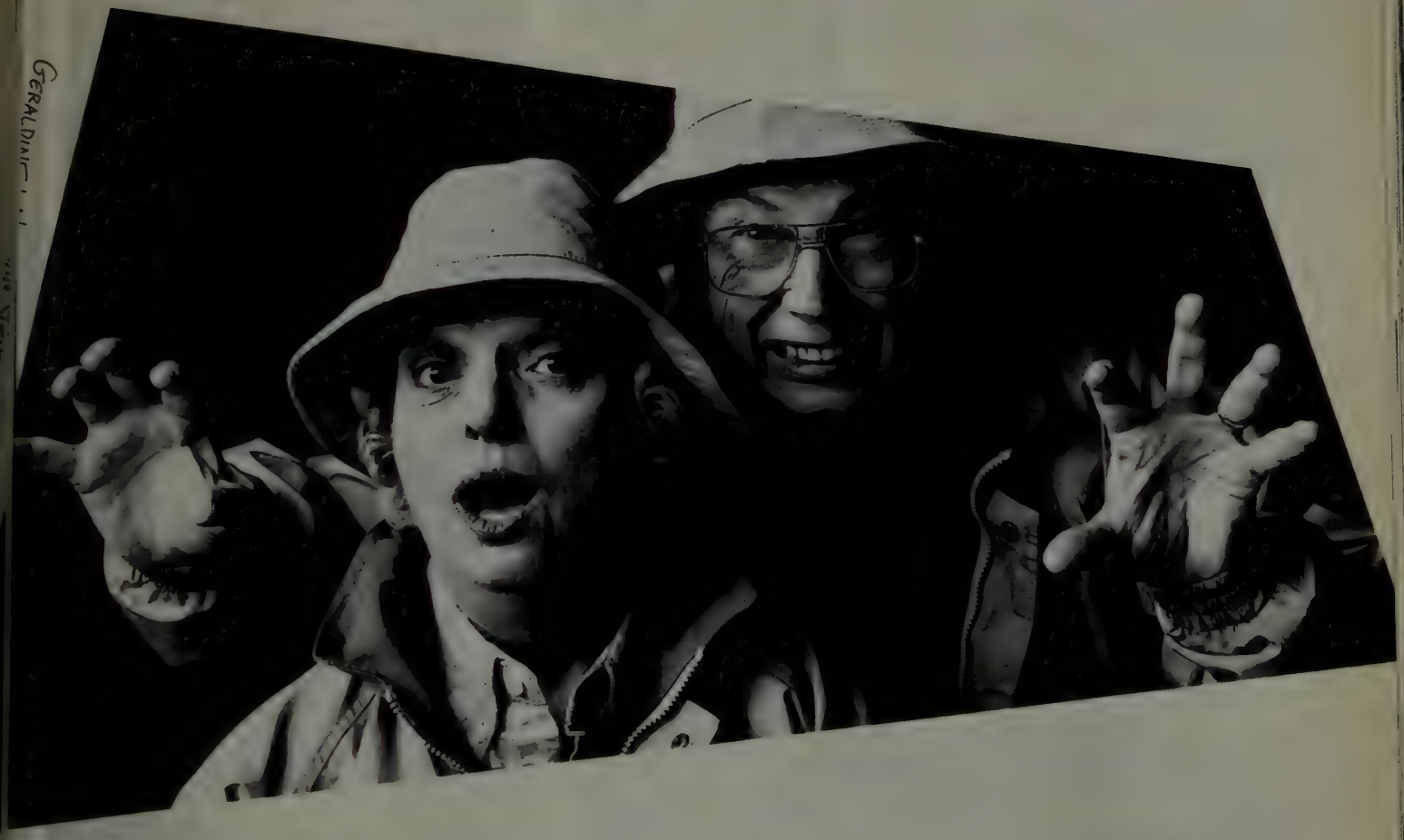
Even a modest bathroom gains flair by drawing elements from an identifiable decorating style. Here, remodeling with touches of Art-Deco adds personality to the room.

The homeowners, Marc and Mary Ashkenas of Albany, California, wanted to brighten an existing bath in their 1920s cottage. Using tile to highlight and define key architectural features, the homeowners got maximum style for minimum bucks.

The stylish centerpiece is the faux marble mirror pediment. Perched high and concealing a light, it gives the whole bathroom a jaunty, jazzy edge. Marc assembled it by stacking pieces of crown molding. He finished it with a marbleized paint treatment.



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HE THREW IT TO THE GROUND AND BANGED IT AGAINST A PICNIC TABLE. THEN, HE DRAGGED IT UP A HILL AND FINALLY GOT IT OPEN. TODAY, IN SPITE OF SOME CLAW AND TEETH MARKS, IT STILL WORKS.

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It's new EverClean,™ only available at your neighborhood Sherwin-Williams paint store. What makes EverClean unique is that it dries to a non-porous finish. It's a finish so smooth, stains don't penetrate – they simply lay on the surface and can be washed off easily! Stains don't stand a chance with new EverClean.

ASK SHERWIN-WILLIAMS



A kitchen in living color

Spirit-lifting colors can electrify your kitchen, day or night. Even before you've sipped that first cup of coffee, this kitchen's cheery palette of primary hues starts the day off right. As nighttime rolls around, the bold rainbow of color—punctuated by a brilliant neon parrot—offers an enchanting atmosphere for after-hours entertaining. *by steven greenhut*





DESIGNER: LOU HALL. PHOTOGRAPHS: KING AU. PHOTO STYLIST: NANCY HOPKINS

in living color

Starting with the premise that kitchens needn't be numbingly neutral, our editors teamed up with Maytag, Wilsonart, and certified kitchen designer Lou Hall to prove that color can give a modest-size, practical kitchen trend-setting style and attention-grabbing excitement. Here's how we did it.

The white stuff.

Start with a base to build on. We chose a white backdrop to keep the room from becoming a hodge-podge of tones. An all-white array of appliances, a field of white ceramic floor tiles, and a white solid-surface counter and backsplash offer a light canvas to adorn with color. Choosing these costly materials in goes-with-everything white is a smart strategy. Should you opt for a new color scheme down the road, these elements should still match whatever colors you choose.

in living color





Perfect punctuation.

Punctuating the whites with perky pigments takes this kitchen miles from the typical. Luscious green laminate, which clothes some of th frameless upper and base cabinets, sets the room's dramatic tone. Rich burgundy tiles are scattered randomly across the floor for another energizing accent. The lon expanse of counter is enlivened by a slate blue feature stripe that wrap over the counter edge. Warm yellow and light blue coat walls an ceilings in shades of sun and sky.

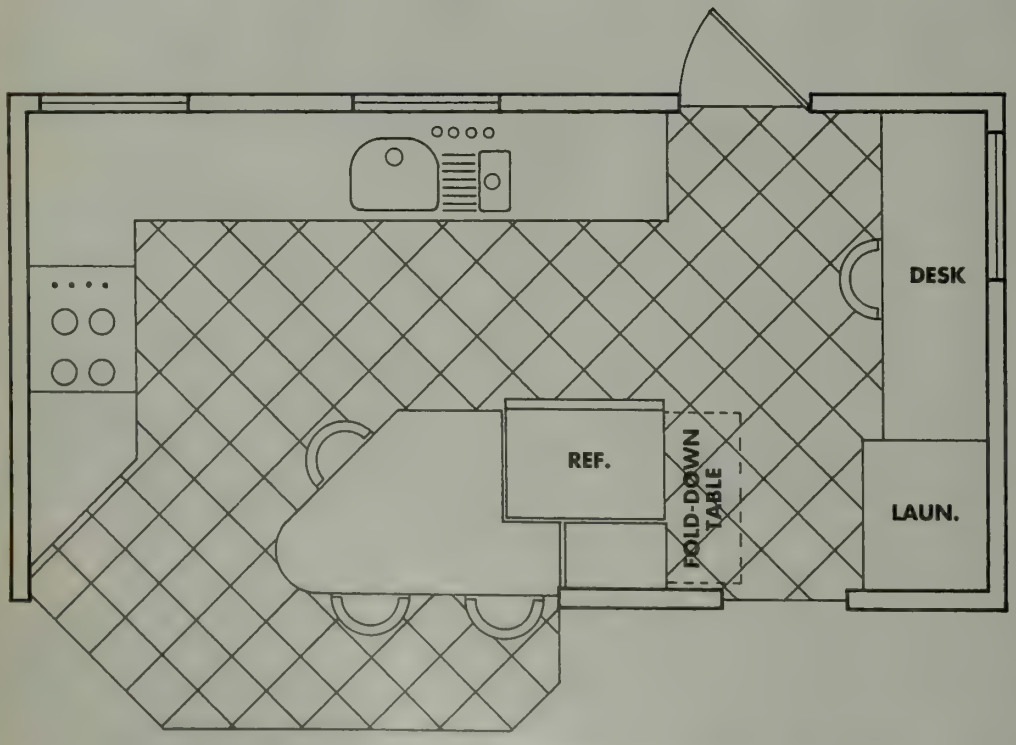
Dressed to thrill.

Vibrantly colored accessories further dress up our bright and cheery kitchen. Orange, blue, and green ceramics and glassware, displayed behind the upper cabinets' glass fronts, enhance the festive appeal. So does the neon parrot hovering over the eating area. Built by a local sign maker,


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in living color





The winner of an annual competition of certified kitchen designers, this design artfully arranges generous cooking, storage, and eating space, as well as a desk, a laundry space, and a recycling area, into a modest 10x20-foot space.

this tropical island-inspired fixture resonates with crisp green and pink light. Whitewashed beams and blinds meld the ceiling and wall with the kitchen's white elements.

A workhorse at heart.

A hardworking floor plan packed with practical features lies behind the tapestry of eye-appealing color. Even though the kitchen occupies a modest 10×20-foot space, it offers a free-flowing work triangle. There's a generous amount of storage space, large expanses of countertop, and a comfortable eating area. A built-in desk with volumes of work space is nestled out of the traffic flow. A full-size stackable washer and dryer hide away behind cabinet doors. Across from the laundry niche, a flip-down folding table offers extra convenience. Tall windows and track fixtures keep the kitchen awash in light.

Buying Guide, page 92



The Designer Bag from Ruffies.

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When you're ready to eat but your dinner's not.

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Our Best RECIPES

This month, you'll find:

50 Nifty Homemade Basics

Simple ways to add style to your family dinners

p. 172

Readers' Prizewinning Recipes

Quick and Easy Suppers

Rhubarb Desserts

p. 201



Garden Vegetable Sauce

50 Nifty Homemad

Easy ways to put magic into your meals.

Kiss mundane meals good-bye. With our deliciously simple recipes, you can jazz up your mealtime standbys and serve something nifty every time. Start with one of these quickie sauces for pasta and work your way up to number 50—a ten-minute dessert sauce. Whoever said good home cooking can't be fun? *by Kristi Fuller*



Basics



Asparagus Cheese Sauce

Wild Mushroom Toss

Recipes begin on page 184

Succulent Meat, Fish, and Chicken Fix-Ups

Creamy sauces, herb rubs, and wine marinades carve your next entrée into a prime cut.

Recipes begin on page 186



Red Wine Marinade for beef and pork



Caramelized [illegible]

Sorrel Cream Sauce for fish

"Butter Makes Almost Every Food Taste Better."

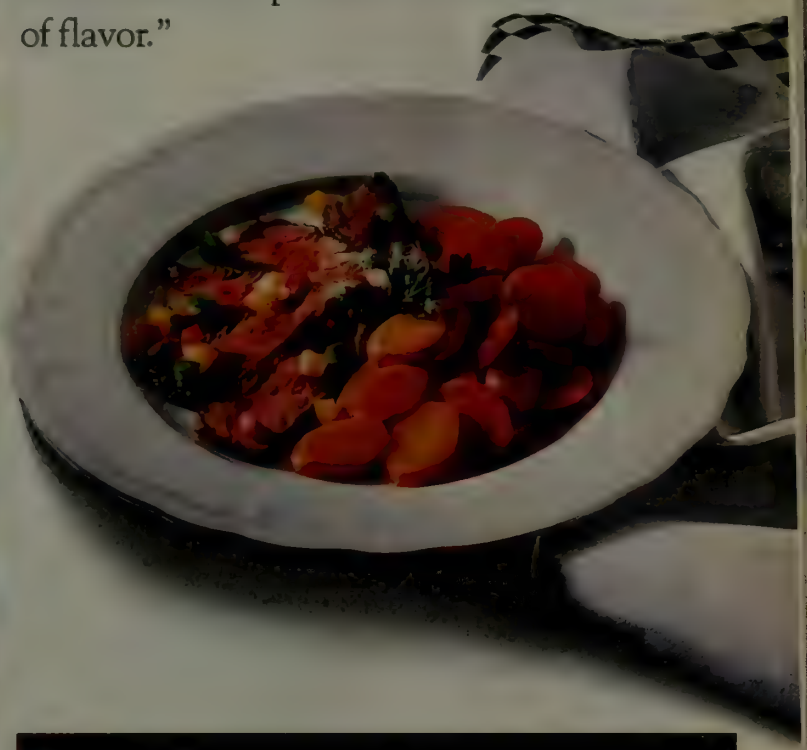
Chef David Burke, Park Avenue Cafe, NYC



"That's what makes it so wonderful.

Butter can turn boiled carrots into delicious glazed carrots. Here's how I do it. I boil and drain fresh carrots, saute them with a little of the cooking water, then stir in a few pats of butter. They taste great. Try it yourself at home. It's easy.

If you love preparing delicious food, remember this tip: a little butter adds a lot of flavor."





NOTHING BRINGS OUT THE TASTE LIKE

BUTTER

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Better Butters

Go ahead–slather them on. This mix of butters and spreads adds panache to breads, crackers, or steamed vegetables.

Recipes begin on page 190



Chocolate-Cashew
Spread for croissants and muffins



Orange-Ginger Butter
for fresh, seasonal asparagus

Sweet Red Pepper Spread for bread or crackers



Your mom always told you orange juice was good for you.

Now medical science is finally figuring out why.

"Drink your orange juice," you've been told. But while most people know orange juice is good, even medical science couldn't say why—until now.

Over 500 studies—well over 100 on vitamin C alone—point to one general conclusion: The vitamins and nutrients in orange juice can play an important role in maintaining good health.

In fact, leading researchers have found diets rich in fruits and vegetables, which are generally low in fat and high in vitamin C, vitamin A, and dietary fiber, are associated with a reduced risk of several types of cancer.

And an eight-ounce glass of orange juice more than satisfies the government's recommended daily allowance of vitamin C.

Other studies indicate the potassium and folate in orange juice have important health benefits as well. Potassium is needed for normal muscle function. And folate helps produce new red blood cells, and may reduce the risk of some birth defects. So it's very important for pregnant women.

And orange juice is sodium-free, fat-free, and cholesterol-free.

So now when you drink orange juice, you'll know you're doing something good—and you'll know why.



Florida Orange Juice.
To Your Health.

Florida Department of Citrus, 1994

Salad Sensations

Let one or all of these salad toppers spiff up your lettuce bowl.

Recipes begin on page 193



Crispy Herbed Cro...

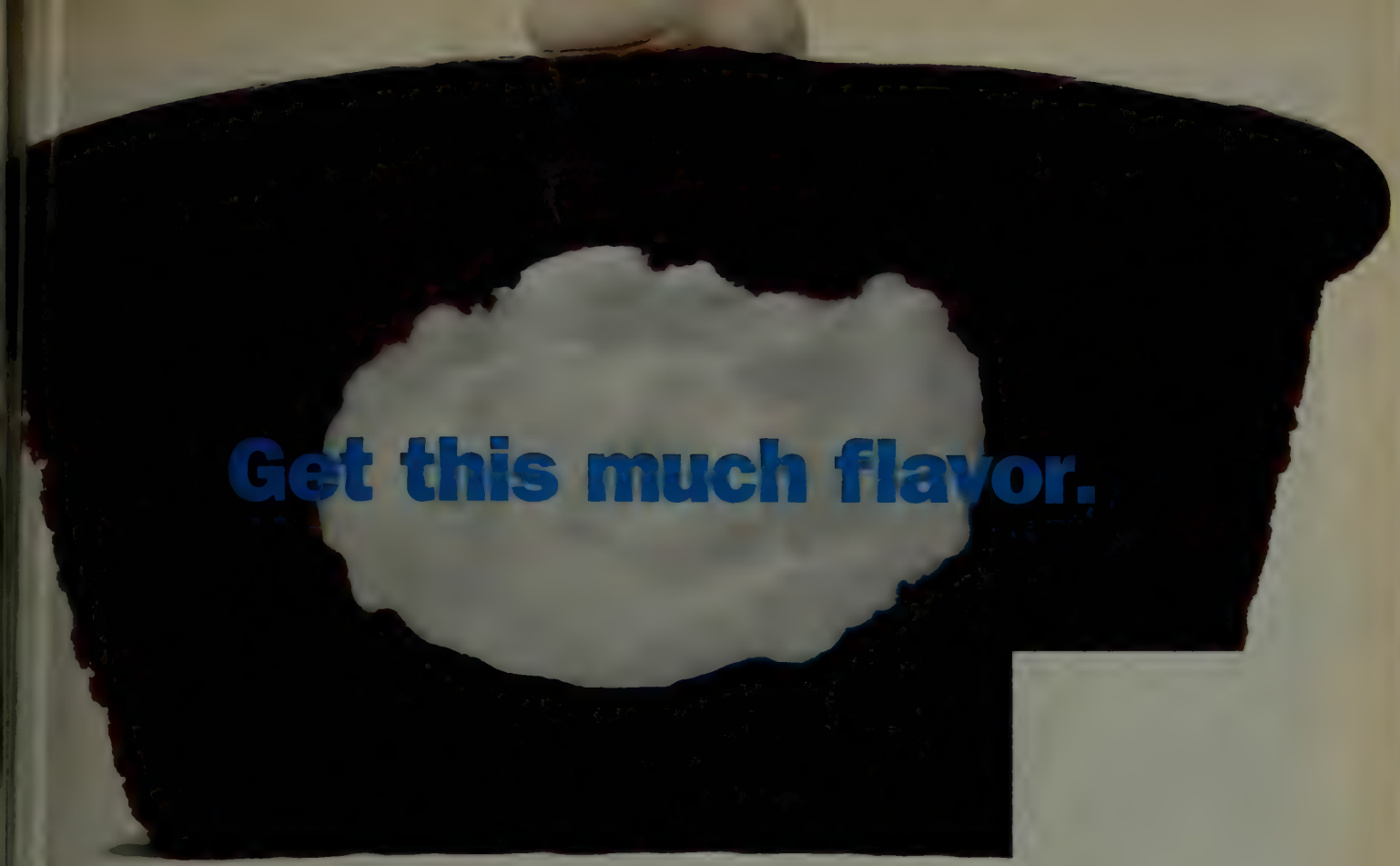


Marinated Greek-Style Olives

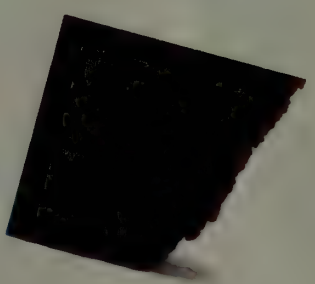


Crunchy Lemon-Pepper Nuts

Creamy Pesto Salad Dressing



With only this much fat.



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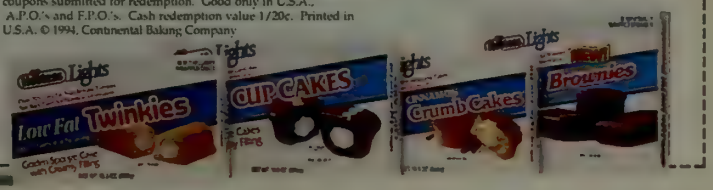
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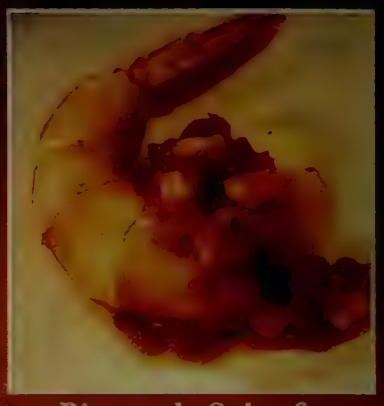
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Salsas and Dippers

Salsas are hot! But they're not for chips only. Try them with chicken, fish, and seafood too.

Recipes begin on page 195



Pineapple Salsa for seafood



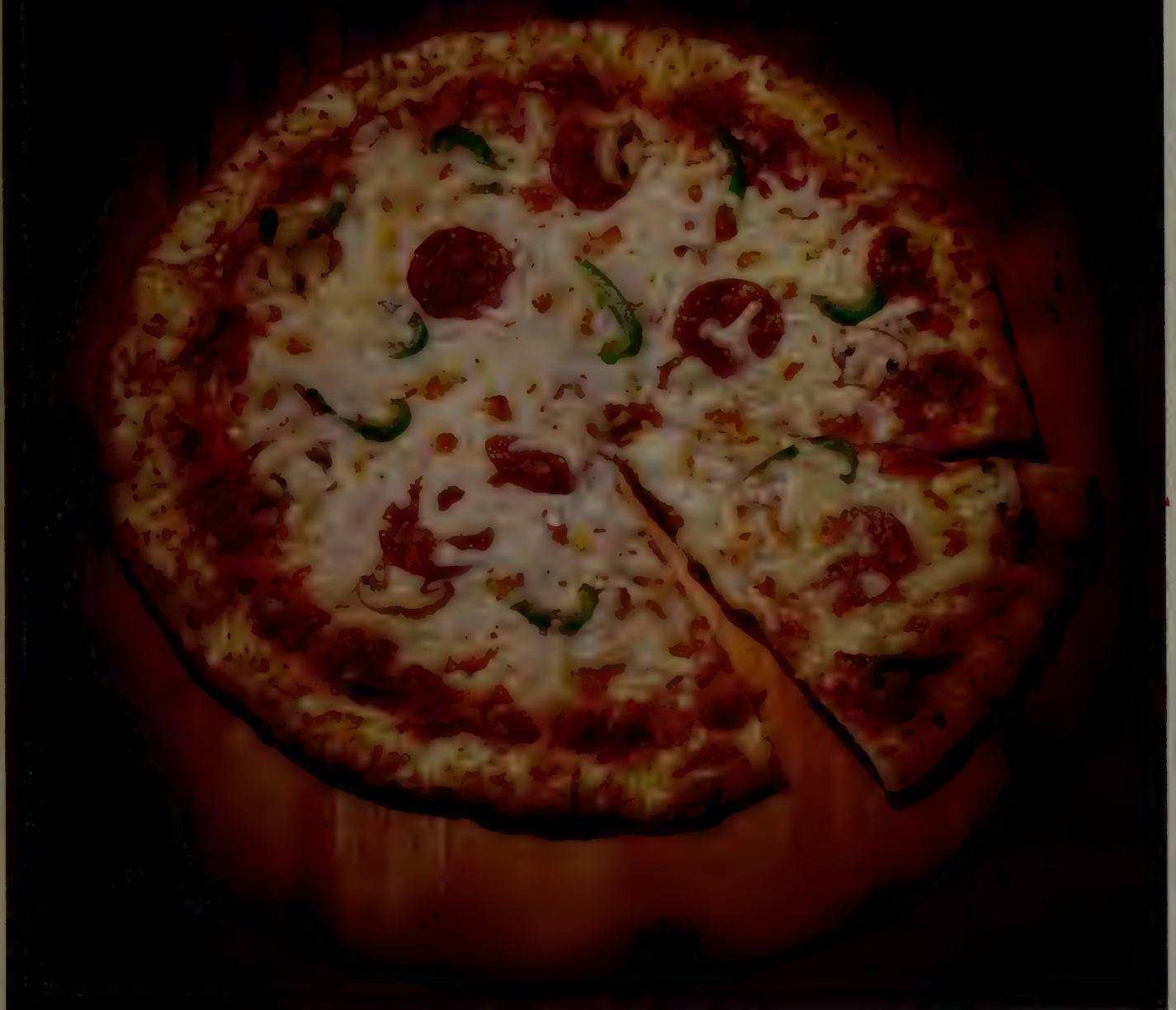
Black Bean Corn Salsa with Baked Tortilla Strips

Berry-Kiwi Salsa with Baked Pita Chips

NEW BOBOLI THIN CRUST

With aged Parmesan, imported olive oil and garlic baked right in. Now thin doesn't have to be thin on taste.



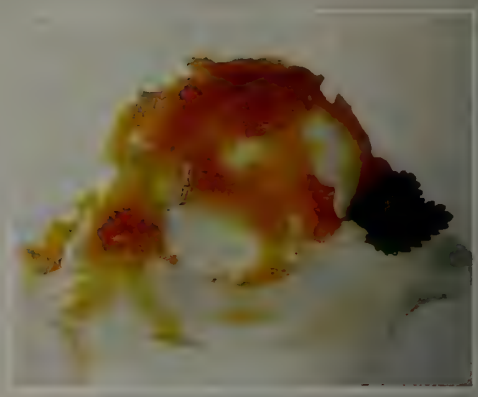


Kraft General Foods, Inc.

Super Ice Cream Sauces

Who can resist ice cream? Cap a bowlful with one of our velvety rich sauces.

Recipes begin on page 196



Luscious Apricot Sauce



Bittersweet Chocolate Sauce

Strawberry-Rhubarb Sauce

Photographs: Shigeta Associates/Hans Rott and Bruce Andrews *Food Stylist: Lynn Gagné*

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For more tips on cooking with PARKAY, check inside specially marked packages of PARKAY Sticks and Soft.



Good cooks say PARKAY.™

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50 Nifty Recipes

continued from page 182

1 GARDEN VEGETABLE SAUCE

- 1 14½-oz. can stewed tomatoes
- 2 Tbsp. tomato paste
- 1 Tbsp. snipped fresh mint or ½ tsp. dried mint, crushed
- ½ tsp. sugar
- 2 small yellow summer squash and/or zucchini, halved lengthwise and thinly sliced
- 5 oz. asparagus spears, cut into 1-inch pieces (1 cup)
- Hot cooked pasta (such as fettuccine or spaghetti)

In a large saucepan combine *undrained* tomatoes, tomato paste, mint, and sugar. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Add squash and asparagus. Cook, covered, for 5 to 7 minutes more or till squash and asparagus are tender. Serve over hot pasta. Makes 3½ cups sauce.

Nutrition facts per ½ cup sauce: 29 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 179 mg sodium, 6 g carbo., 1 g fiber, 1 g pro. Daily Value: 6% vit. A, 26% vit. C, 5% iron.

2 *Southwest Vegetable Sauce:* Prepare sauce as above except omit mint and asparagus. Add 1 cup cubed (¼ to ½ inch) jicama; one 4-ounce can chopped green chili peppers, drained; and 1 teaspoon ground cumin along with the squash. Makes about 3½ cups sauce.

Nutrition facts per ½ cup sauce: 40 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 198 mg sodium, 9 g carbo., 1 g fiber, 2 g pro.

3 WILD MUSHROOM TOSS

- 4 cups sliced fresh mushrooms (such as shiitake, morel, oyster, and/or cèpes)
- 2 small red or green sweet peppers, cut into strips
- 1 medium onion, cut into thin wedges
- ¼ cup margarine or butter
- ¼ tsp. seasoned salt
- ¼ tsp. pepper
- Hot cooked pasta
- Shaved* or grated Parmesan cheese

In a large skillet cook mushrooms, peppers, and onion in hot margarine or butter till tender. Stir in seasoned salt and pepper. Toss with hot pasta. Top with cheese. Makes about 2 cups sauce.

*To shave Parmesan cheese, draw a vegetable peeler across the flat side of a block of Parmesan cheese.

4 *Tarragon Mushroom Toss:* Prepare as directed above except add 1 tablespoon snipped fresh tarragon or 1 teaspoon dried tarragon, crushed, along with vegetables.

Nutrition facts per ¼ cup Wild Mushroom Toss or Tarragon Mushroom Toss: 77 cal., 6 g total fat (1 g sat. fat), 1 mg chol., 128 mg sodium, 4 g carbo., 1 g fiber, 2 g pro. Daily Value: 14% vit. A, 30% vit. C, 2% calcium, 5% iron.

5 *Madeira-Mushroom Toss:* Prepare Wild Mushroom Sauce as directed except add ¼ cup Madeira or dry sherry to mushroom mixture after cooking. Bring to boiling. Boil gently till sauce is reduced by half.

Nutrition facts per ¼ cup sauce: 84 cal., 6 g total fat (1 g sat. fat), 1 mg chol., 128 mg sodium, 4 g carbo., 1 g fiber, 2 g pro. Daily Value: 14% vit. A, 30% vit. C, 2% calcium.

6 ASPARAGUS CHEESE SAUCE

- 10 oz. fresh asparagus, trimmed and cut into 2-inch pieces
- 1 8-oz. pkg. light cream cheese (Neufchâtel)
- ½ cup milk
- ⅛ tsp. white or black pepper
- 2 Tbsp. grated Parmesan cheese
- 2 tsp. snipped fresh thyme, tarragon, basil, or chives
- Hot cooked pasta (such as bow ties, rigatoni, or rotini)
- Fresh snipped thyme, tarragon, basil, or chives (optional)
- Cracked pink peppercorns or toasted sliced almonds (optional)

In a medium saucepan cook asparagus, covered, in a small amount of lightly salted boiling water for 5 to 10 minutes or till crisp-tender. Drain.

Meanwhile, in a medium saucepan heat the cream cheese, milk, and pepper over low heat till cream cheese is softened. Stir in Parmesan cheese and the 2 teaspoons desired herb; heat through. (If mixture seems too thick, stir in additional milk to desired consistency.) Toss the hot cooked pasta with cooked asparagus and sauce. Garnish with additional herb and pink peppercorns or almonds, if desired. Makes about 1½ cups.

Nutrition facts per ¼ cup sauce: 130 cal., 10 g total fat (6 g sat. fat), 33 mg chol., 220 mg sodium, 3 g carbo., 1 g fiber, 6 g pro. Daily Value: 17% vit. A, 12% vit. C.

7 PEPPER CHEESE PASTA SAUCE

- 1 0.9- to 1¼-oz. pkg. hollandaise sauce mix
- 1 7-oz. jar roasted sweet peppers, drained and chopped
- 2 tsp. white wine Worcestershire sauce
- ½ cup shredded Monterey Jack cheese with jalapeño peppers
- Hot cooked pasta (such as mostaccioli, medium shells, or rigatoni)



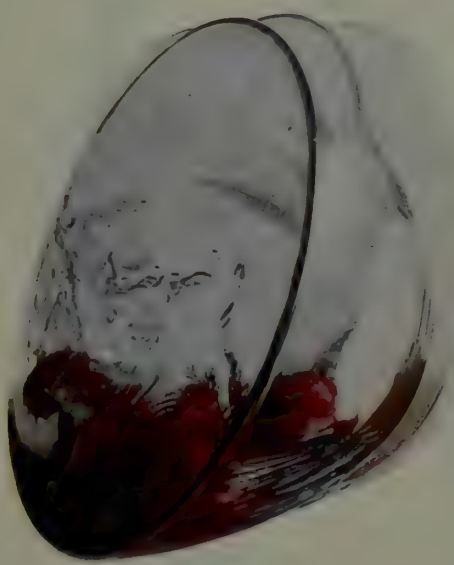
Pepper Cheese Sauce: Roasted pepper and cheese with jalapeños perk up a package of hollandaise sauce mix.

continued on page 18

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this is what Hormel® Pepperoni does for pasta



Pepperoni Alfredo

Wake up this easy-to-make restaurant favorite with Hormel® Pepperoni

8 oz. fresh or dried fettucini, uncooked
2 tablespoons butter or margarine
1 cup half-and-half (light cream)
¼ teaspoon each ground nutmeg and white or black pepper
½ to ¾ cup grated Parmesan cheese
2 (3½ oz. each) packages Hormel® Pepperoni Slices (small diameter), slices cut in half

Cook fettucini; keep warm. Melt butter in large skillet. Stir in half-and-half, nutmeg and pepper. Cook and stir 5 minutes or until mixture thickens slightly. Stir in cheese and cook over low heat just until melted, stirring constantly. Immediately stir in pepperoni and fettucini; toss to coat with sauce. Makes 4 servings.





pep it up!™ Hormel Foods

50 Nifty Recipes

continued from page 184

Prepare hollandaise sauce according to package directions except use only *2 tablespoons* margarine or butter. Stir in peppers and white wine Worcestershire sauce. Remove pan from heat. Stir in cheese till melted. Serve over pasta. Makes about 1⅓ cups (depends on the size of sauce mix package).

8 *Cheddar Cheese Pasta Sauce:* Prepare sauce as directed above except substitute shredded cheddar cheese for the Monterey Jack cheese. Omit the sweet peppers.

Nutrition facts per ¼ cup Pepper Cheese or Cheddar Cheese Pasta Sauce: 265 cal., 23 g total fat (11 g sat. fat), 54 mg chol., 1,025 mg sodium, 10 g carbo., 8 g pro.

9 *Blue-Cheese Sauce:* Prepare sauce as directed except substitute ½ cup (1 ounce) crumbled blue cheese for all of the Monterey Jack cheese with jalapeño peppers. Omit the sweet peppers. If sauce is too thick add 1 to 2 tablespoons milk to desired consistency. Serve over hot cooked pasta. Sprinkle with ¼ cup toasted walnuts before serving.

Nutrition facts per ¼ cup sauce: 260 cal., 23 g total fat (9 g sat. fat), 45 mg chol., 1,030 mg sodium, 10 g carbo., 6 g pro.

10 SORREL CREAM SAUCE

⅓ cup dairy sour cream
⅓ cup mayonnaise or salad dressing
1 tsp. finely shredded lemon peel
1 tsp. dried thyme, crushed
½ tsp. prepared mustard
¼ cup whipping cream
¼ cup coarsely chopped fresh sorrel or spinach

In a small saucepan combine sour cream, mayonnaise or salad dressing, lemon peel, thyme, and mustard. Cook and stir over low heat till hot (*do not boil*). Remove from heat.

50 Nifty Recipes

continued from page 186

In a medium mixing bowl beat whipping cream with an electric mixer on low speed till soft peaks form. Fold whipped cream and sorrel or spinach into sour cream mixture. Serve immediately with fish. Makes 1¼ cups.

11 *Lemon Chive Sauce:* Prepare sauce as directed except omit sorrel or spinach. Fold 1 tablespoon snipped chives into mixture along with whipped cream. Makes 1 cup.

12 *Lemon Cucumber Sauce:* Prepare cream sauce as directed except omit thyme and sorrel. Stir ½ cup shredded cucumber and ¼ teaspoon dried dillweed into prepared sauce. Makes about 1½ cups.

Nutrition facts per 2 tablespoons Sorrel Cream Sauce, Lemon Chive Sauce, or Lemon Cucumber Sauce: 70 cal., 8 g total fat (2 g sat. fat), 8 mg chol., 50 mg sodium, 1 g carbo., 0 g fiber, 0 g pro.

13 HERB MUSTARD RUB

- 1 small onion, finely chopped
- 2 Tbsp. coarse-grain mustard or Dijon-style mustard
- ¼ tsp. dried marjoram, crushed
- ¼ tsp. dried rosemary, crushed
- ¼ tsp. pepper
- Pork, beef, or lamb roast (up to 3 lb.)

In a small bowl combine onion, mustard, marjoram, rosemary, and pepper. With a large spoon, spread herb mixture on all sides of roast. Cover; refrigerate for 2 hours or up to 24 hours. Roast or grill meat.

14 *Honey-Mustard Rub:* Prepare as directed above except stir 1 tablespoon honey into mustard mixture and omit the marjoram.

15 *Maple-Mustard Rub:* Prepare Herb Mustard Rub as directed above except stir 2 tablespoons maple syrup into mustard mixture.

Nutrition facts per 3-oz. serving rubbed pork: 214 cal., 11 g total fat (4 g sat. fat), 77 mg chol., 126 mg sodium, 1 g carbo., 0 g fiber, 25 g pro. Daily Value: 7% iron.

16 RED WINE MARINADE

- ½ cup dry red wine
- ½ cup water
- 1 clove garlic, minced
- 1 tsp. dried rosemary, crushed
- ½ tsp. dried thyme, crushed
- ½ tsp. salt
- ¼ tsp. pepper
- Beef or lamb, such as flank steak, beef tenderloin, leg of lamb, or lamb chops (up to 2 lb.)

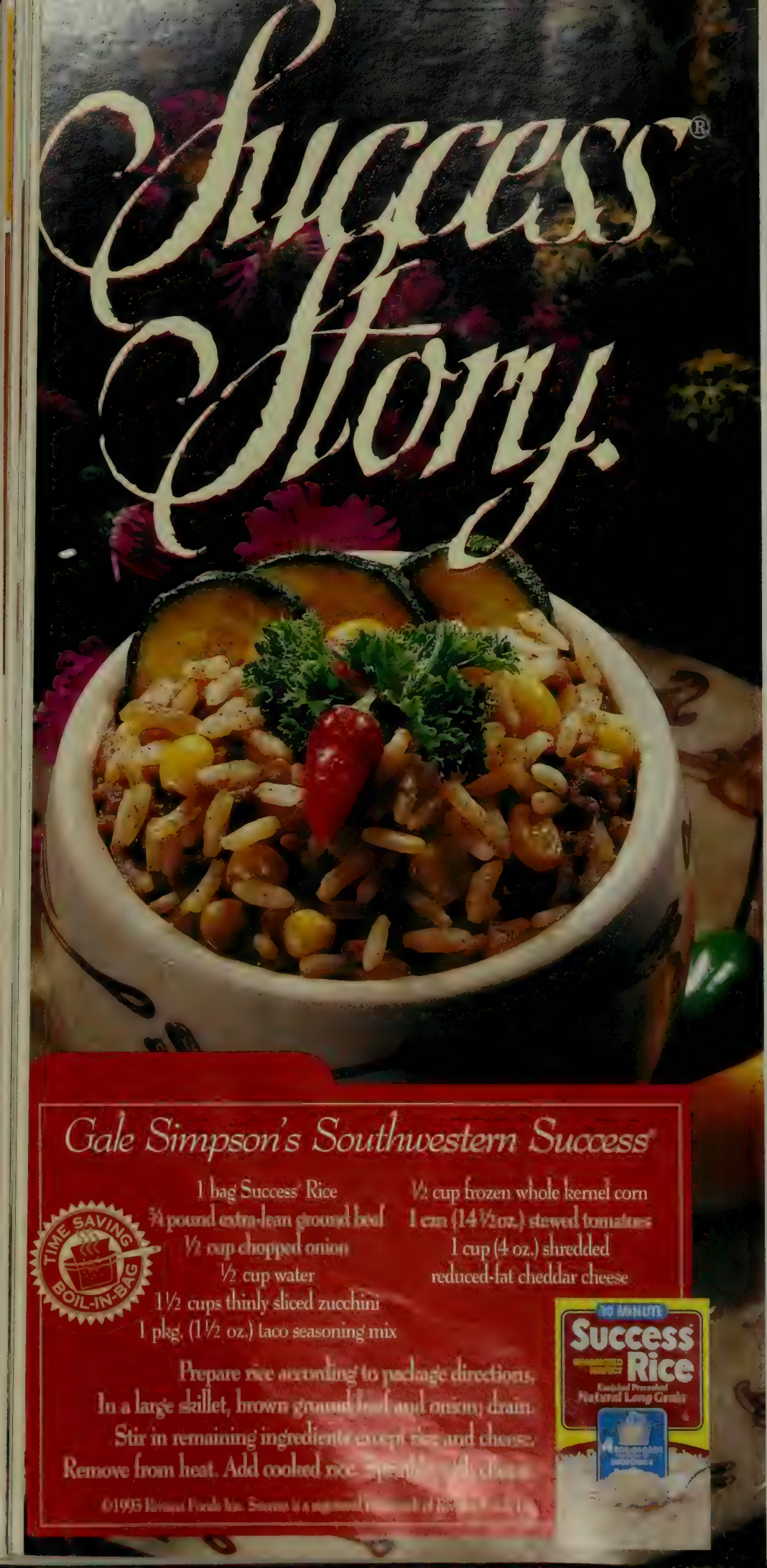
In a clean, sealable plastic bag combine wine, water, garlic, rosemary, thyme, salt, and pepper. Add meat; seal bag. Place bag inside a

continued on page 188



A simple blend of herbs, onion, and mustard makes a wonderful golden coating when rubbed on pork, beef, or lamb and roasted.





50 Nifty Recipes

continued from page 187

bowl. Marinate in refrigerator, turning bag occasionally, for 4 to 24 hours. (To serve remaining marinade as a sauce with the meat, bring to a full boil, stirring often.) Grill or broil meat. Makes 1 cup marinade.

Nutrition facts per 3-oz. serving marinated beef: 189 cal., 9 g total fat (3 g sat. fat), 70 mg chol., 142 mg sodium, 0 g carbo., 0 g fiber, 24 g pro. Daily Value: 22% iron.

17 *Fennel White Wine Marinade* Prepare marinade as directed except substitute dry white wine for red wine and substitute 1 teaspoon fennel seed, crushed, for the rosemary and thyme. Use to marinate poultry (up to 2 lb.). Makes 1 cup.

Nutrition facts per 3-oz. serving marinated chicken: 207 cal., 11 g total fat (3 g sat. fat), 91 mg chol., 157 mg sodium, 0 g carbo., 0 g fiber, 23 g pro. Daily Value: 16% vit. A, 0% vit. C, 1% calcium, 9% iron.

18 CARAMELIZED ONIONS

These caramel-flavored onions make perfect companions to a burger.

- 2 Tbsp. margarine or butter
- 2 large white or red onions, cut into ¾-inch chunks (2 cups)
- 4 tsp. brown sugar

In a medium skillet heat margarine or butter over medium-low heat till melted. Add onion. Cover and cook on medium-low heat till onion is tender, about 13 to 15 minutes. Uncover; add sugar. Cook and stir over medium-high heat till onion is golden brown, stirring constantly, about 4 to 5 minutes. Serve hot over burgers, prime rib or beef steaks. Makes about ⅓ cup.

Nutrition facts per tablespoon: 11 cal., 6 g total fat (1 g sat. fat), 0 mg chol., 71 mg sodium, 15 g carbo., 0 g fiber, and 1 g pro. Daily Value: 7% vit. A, 8% vit. C, 2% calcium and 2% iron.

continued on page 19

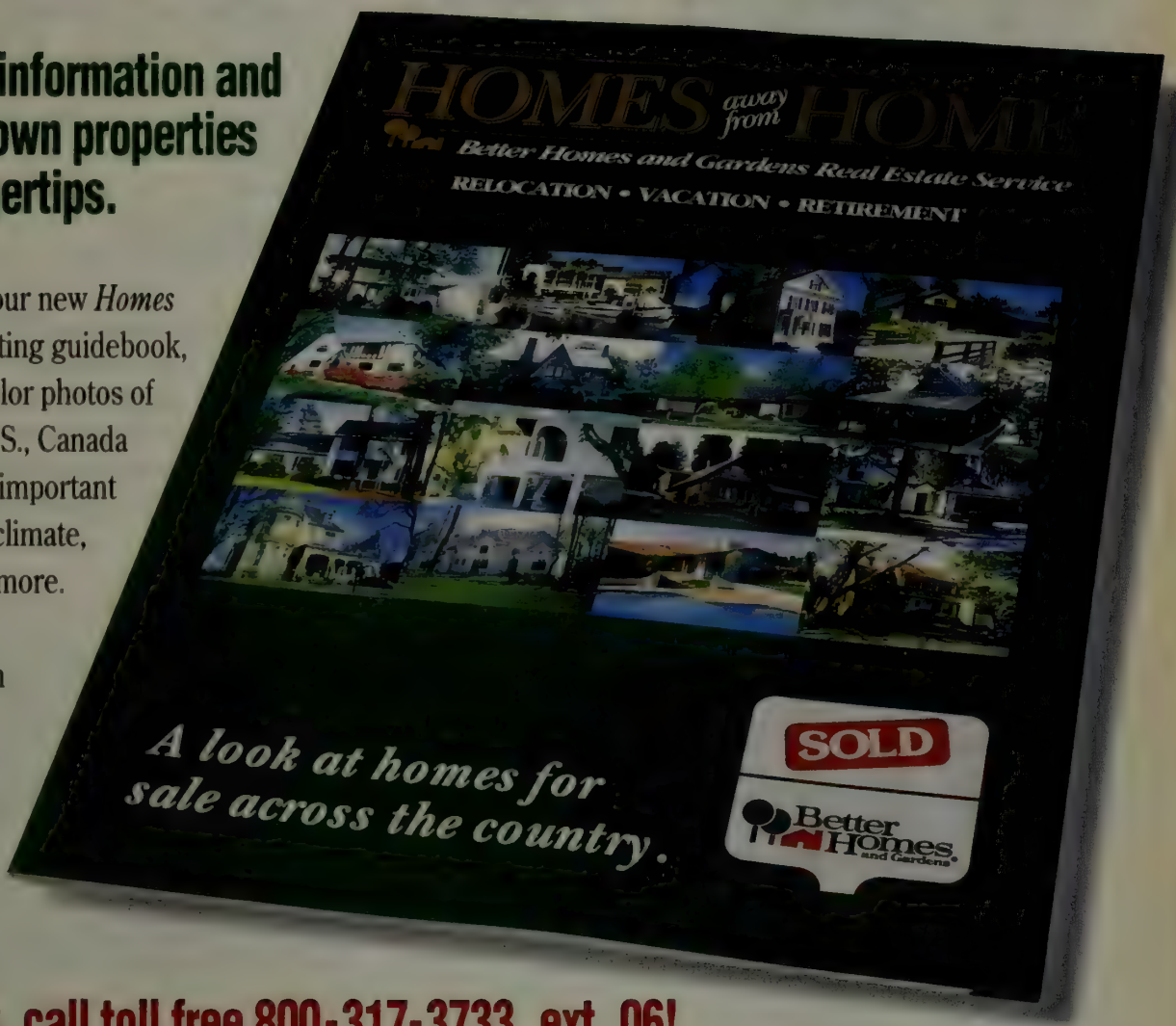
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Fit into a smaller size this summer.





April



May



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50 Nifty Recipes

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19 SWEET RED PEPPER SPREAD

Roasted red sweet peppers make a robust topper for French bread or whole-grain crackers.

- 2 medium red sweet peppers or one 7-oz. jar roasted sweet peppers, drained
- 2 Tbsp. tomato paste
- 1 tsp. sugar
- 1 tsp. snipped fresh thyme or ¼ tsp. dried thyme, crushed
- ¼ tsp. salt
- ⅛ tsp. garlic powder
- Dash ground red pepper

To roast fresh peppers, cut in quarters lengthwise; remove seeds and stems. Line a baking sheet with foil. Place peppers, skin side up, on baking sheet, pressing to lie flat. Bake in a 425° oven for 20 minutes or till dark and blistered. Remove from oven and place in a clean paper bag. Close bag and let stand about 10 minutes. When cool enough to handle, peel the dark skins from peppers; discard skins.

Place roasted peppers in a blender container or food processor bowl. Cover; blend or process till chopped fine. Add the tomato paste, sugar, thyme, salt, garlic powder, and ground red pepper. Cover; blend till nearly smooth. Spread on bread or crackers. To store, cover and refrigerate for up to 1 week. Makes about ¾ cup.

Nutrition facts per tablespoon: 5 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 35 mg sodium, 1 g carbo., 0 g fiber, 0 g pro. Daily Value: 7% vit. A, 27% vit. C.

20 CHOCOLATE-CASHEW SPREAD

- 2 oz. semisweet chocolate, cut up
- 1 cup roasted unsalted cashews or toasted blanched almonds
- ¼ cup butter, cut up

In a small heavy saucepan melt chocolate over low heat, stirring constantly till chocolate begins to melt. Immediately remove the chocolate from heat; stir till smooth. Cool slightly.

Place nuts in a food processor bowl or blender container. Cover and process or blend till nuts are very finely chopped, stopping and scraping the sides as necessary. Add butter; process or blend till nearly smooth. Transfer mixture to a bowl; stir in melted chocolate. Serve at room temperature to spread on croissants, muffins, or biscuits. Makes 1 cup.

Nutrition facts per tablespoon: 90 cal., 8 g total fat (3 g sat. fat), 8 mg chol., 80 mg sodium, 4 g carbo., 0 g fiber, and 1 g pro.

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21 ORANGE-GINGER BUTTER

Try this ginger-flavored butter on asparagus, snow peas, or green beans.

- ½ cup orange marmalade
- ½ cup butter or margarine, softened
- 1 Tbsp. balsamic vinegar or cider vinegar
- 1 Tbsp. finely chopped crystallized ginger

In a small saucepan heat and stir orange marmalade just till melted. In a medium bowl beat butter or margarine till fluffy. Beat in melted marmalade, vinegar, and ginger. Cover; chill at least 1 hour before serving. Serve with cooked vegetables. Makes about 1 cup.

22 *Zesty Pepper Butter:* Prepare as directed except substitute hot pepper jelly for the marmalade; omit the ginger. Serve with corn on the cob, carrots, or sugar snap peas. Makes about 1 cup.

Nutrition facts per tablespoon: 80 cal., 6 g total fat (4 g sat. fat), 16 mg chol., 61 mg sodium, 8 g carbo., 0 g fiber, 0 g pro.

23 HAZELNUT BUTTER

Serve this crunchy butter on vegetables.

- ½ cup chopped toasted hazelnuts
- ½ cup butter or margarine, softened
- 1 tsp. honey

In a small mixing bowl stir together hazelnuts, butter or margarine, and honey. If not serving immediately, cover and chill. Bring to room temperature before serving. Toss with cooked vegetables, such as baby carrots, asparagus, or peas. Makes 1 cup.

Nutrition facts per tablespoon: 38 cal., 4 g total fat (2 g sat. fat), 8 mg chol., 30 mg sodium, 1 g carbo., 0 g fiber, 1 g pro.



Hazelnut Butter: An easy and delicious way to dress up steamed vegetables.

continued on page 192

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50 Nifty Recipes

continued from page 191

24 SPICED PEACH SPREAD

Serve this flavorful fruit spread on muffins, toast, or croissants.

- 1 cup snipped dried peaches
- ½ cup water
- ¼ cup sugar
- ½ tsp. apple pie spice or pumpkin pie spice

In a small saucepan combine dried peaches, water, sugar, and spice. Bring to boiling over medium heat; reduce heat. Simmer, covered, for 20 minutes or till peaches are very soft. Place in a food processor bowl or blender container. Cover; process or blend till nearly smooth. To store, cover and refrigerate for up to 1 week. Makes 1 cup.

Nutrition facts per tablespoon: 42 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 1 mg sodium, 11 g carbo., 1 g fiber, 0 g pro.



Spiced Peach Spread: Dried peaches make this spread a snap to make.

25 ROASTED GARLIC

To serve as a bread spread, prepare one head of garlic per person.

- 1 medium head garlic
- 2 tsp. olive oil

Peel away the dry outer layers of skin from head of garlic. Leave skins of cloves intact. Cut off the pointed top portion (about ¼ inch) with a knife, leaving the bulb intact but exposing the individual cloves.

Place garlic head, cut side up, in a small baking dish. Drizzle with olive oil. Bake, covered, in a 400° oven for 25 to 35 minutes or till cloves feel soft when pressed.



Roasted Garlic: Roasting mellows the flavor of garlic and softens it to a buttery spread.

To serve, press garlic paste from individual cloves and spread on French bread. Makes about 1 tablespoon paste.

Nutrition facts per tablespoon: 128 cal., 9 g total fat (1 g sat. fat), 0 mg chol., 6 mg sodium, 11 g carbo., 1 g fiber, 2 g pro.

26 SPICY BROCCOLI SPREAD

- 2 cups broccoli flowerets
- ⅓ cup chopped onion
- 1 small clove garlic, chopped
- ¼ tsp. crushed red pepper
- 2 Tbsp. olive oil
- 2 Tbsp. grated Parmesan cheese

In a small saucepan cook broccoli, covered, in a small amount of boiling salted water about 12 minutes or till tender. Drain well.

In a small skillet cook onion, garlic, and red pepper in hot oil till onion is soft, about 10 minutes. Combine broccoli, onion mixture, and Parmesan cheese in a food processor bowl. Cover; blend till smooth. Transfer to a small serving bowl. Serve at room temperature or cover and chill for up to 24 hours. If chilled, let stand at room temperature 30 minutes before serving. Serve with toasted bread or crackers. Makes about ¾ cup.



Spicy Broccoli Spread: A Mediterranean-inspired topper for crackers or breads.

Nutrition facts per tablespoon: 3 cal., 3 g total fat (1 g sat. fat), 1 mg chol., 27 mg sodium, 2 g carbo., 1 g fiber, 1 g pro. Daily Value: 6% vit. A, 21% vit. C, 2% calcium.

50 Nifty Recipes

continued from page 192

27 CREAMY PESTO SALAD DRESSING

½ cup mayonnaise or salad dressing
¼ cup refrigerated purchased pesto
Buttermilk (about ⅓ cup)

In a small bowl stir together the mayonnaise or salad dressing and pesto. Add enough buttermilk till of desired consistency. Cover and store dressing in the refrigerator for up to 1 week. Serve atop mixed greens, fresh spinach, or stir into vegetable salads, such as potato. Makes about 1 cup.

Nutrition facts per tablespoon: 79 cal., 8 g total fat (1 g sat. fat), 5 mg chol., 74 mg sodium, 1 g carbo., 0 g fiber, 1 g pro.

28 CRISPY HERBED CROUTONS

2 Tbsp. olive oil
¾ tsp. dried dillweed or Italian seasoning, crushed
⅛ tsp. onion powder
4 slices whole wheat, white, or rye bread, cut into cubes

In a bowl stir together oil, dillweed or Italian seasoning, and onion powder. Add bread cubes; stir till coated. Spread cubes in a single layer in a shallow baking pan. Bake in a 300° oven 10 minutes. Stir; bake 10 minutes more or till lightly browned. Cool. Serve atop salad greens. To store, place in an airtight container and refrigerate for up to 1 month. Bring to room temperature before serving. Makes 2 cups.

Nutrition facts per ¼ cup serving: 71 cal., 4 g total fat (1 g sat. fat), 0 mg chol., 89 mg sodium, 8 g carbo., 1 g fiber, 2 g pro.

29 MARINATED GREEK-STYLE OLIVES

1 6-oz. can pitted ripe black olives, drained and rinsed
¼ cup lemon juice
2 slices lemon
2 whole garlic cloves
1 tsp. dried oregano, crushed
¾ cup olive oil

In an airtight container combine the olives, lemon juice, lemon slices, garlic, and oregano; let olives stand, covered, at room temperature for two days, stirring occasionally. Pour the olive oil over the olives till completely covered. Cover container with an airtight lid. Refrigerate the olive mixture for 2 days; remove lemon slices. Bring to room temperature before serving. Or, if desired, return to refrigerator; chill, covered, up to 2 weeks. Drain before serving. Makes 1⅓ cups.

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50 Nifty Recipes

continued from page 193

30 *Marinated Coriander Olives:* Prepare Marinated Greek-Style Olives as directed except substitute 1 teaspoon peppercorns for the whole garlic cloves and 1 teaspoon coriander seed for the dried oregano.

Nutrition facts per 2 tablespoons olives: 76 cal., 9 g total fat (1 g sat. fat), 0 mg chol., 115 mg sodium, 1 g carbo., 1 g fiber, 1 g pro.

31 CRUNCHY LEMON-PEPPER NUTS

- 2 Tbsp. margarine or butter, melted
- 2 tsp. soy sauce
- 1 tsp. lemon juice
- 1 tsp. lemon-pepper seasoning
- 2 cups unsalted nuts (such as pecan or walnut halves, whole almonds, or cashews)

In a medium bowl combine the melted margarine or butter, soy sauce, lemon juice, and lemon-pepper seasoning. Add nuts; stir till coated. Spread nuts in a 9x9x2-inch baking pan. Bake in a 325° oven about 15 minutes or till lightly toasted, stirring twice. Remove from oven. Cool. Store in an airtight container, refrigerated, for up to 1 month. Bring to room temperature before serving. Serve atop fruit or a salad. Makes 2 cups.

32 *Crunchy Five-Spice Nuts:* Prepare nuts as directed above except substitute sesame oil for the lemon juice and five-spice powder for the lemon-pepper seasoning.

Nutrition facts per 2 tablespoons: 111 cal., 9 g fat, 0 mg chol., 63 mg sodium, 6 g carbo., 1 g fiber, 3 g pro.

33 FRUITED VINAIGRETTE

- ⅓ cup salad oil
- ¼ cup orange marmalade
- 3 Tbsp. water



Serve the orange-flavored Fruited Vinaigrette atop fresh mixed greens.

- 3 Tbsp. white wine vinegar
- 1 tsp. Dijon-style mustard
- ¼ tsp. dried basil, crushed

In a screw-top jar combine all of the ingredients. Cover; shake to combine. Store, covered, in the refrigerator for up to 2 weeks. Shake before serving. Makes 1 cup.

Nutrition facts per tablespoon: 61 cal., 5 g total fat, 0 mg chol., 10 mg sodium, 4 g carbo., 0 g pro.

continued from page 194

34 BERRY-KIWI SALSA

Serve this fruit salsa with seafood, fish, chicken, or Baked Pita Chips (see recipe, page 196).

- ½ cup coarsely chopped strawberries
- ½ cup peeled and chopped kiwi fruit (1 to 2 fruit)
- ¼ cup thinly sliced green onion
- ¼ cup chopped yellow or green sweet pepper
- 1 Tbsp. lime or lemon juice
- 2 tsp. snipped fresh cilantro, parsley, or basil
- 1 tsp. sugar
- Dash ground red pepper

In a medium bowl stir together the strawberries; kiwi fruit; green onion; sweet pepper; lime or lemon juice; cilantro, parsley, or basil; sugar; and red pepper. Cover and chill salsa for up to 6 hours. Makes about 1¼ cups.

35 *Peach and Kiwi Salsa:* Prepare salsa as directed except substitute ½ cup chopped peach or nectarine for the chopped strawberries and ¼ cup chopped red onion for the green onion. Makes 1¼ cups.

Nutrition facts per tablespoon: 6 cal., 0 g total fat, 0 mg chol., 0 mg sodium, 1 g carbo., 0 g fiber, 0 g pro.

36 *Orange-Avocado Salsa:* Prepare Berry-Kiwi Salsa as directed except substitute one 8-ounce can mandarin orange sections, drained, for the strawberries; 1 small avocado, halved, seeded, and peeled, for the kiwi fruit; and orange juice for the lime or lemon juice. Add ¼ cup toasted slivered almonds before serving. Makes about 2 cups.

Nutrition facts per tablespoon: 19 cal., 1 g total fat, 0 mg chol., 1 mg sodium, 2 g carbo., 0 g pro.

37 PINEAPPLE SALSA

- 1 cup chunky salsa
- ½ cup chopped fresh pineapple or one 8-oz. can crushed pineapple (juice pack), drained
- ¼ tsp. grated fresh gingerroot or dash ground ginger

In a bowl combine salsa, pineapple, and ginger. Cover; chill till serving time. Bring to room temperature to serve. Serve with shrimp, tortilla chips, or pita chips. Makes 1½ cups.

38 *Fresh Vegetable Salsa:* Prepare salsa as directed except omit pineapple and ginger. Stir ½ cup chopped yellow summer squash or zucchini and 1 teaspoon snipped fresh mint into the salsa. Makes 1½ cups.

Nutrition facts per tablespoon of Pineapple or Fresh Vegetable Salsa: 8 cal., 0 g total fat, 0 mg chol., 66 mg sodium, 2 g carbo., 0 g pro.

continued on page 196

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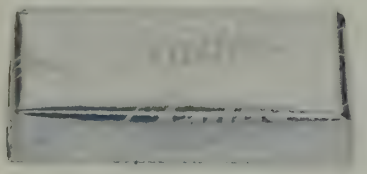
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50 Nifty Recipes

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39 BLACK BEAN CORN SALSA

- ⅔ cup corn relish
- ½ of a 15-oz. can black beans, drained and rinsed (about ¾ cup)
- ¼ cup thinly sliced radishes
- 1½ tsp. lime juice
- ¼ tsp. ground cumin

In a bowl stir together relish, beans, radishes, lime juice, and cumin. Let stand, covered, for 30 minutes. Serve with Baked Tortilla Strips (see recipe below) or tortilla chips. Makes 1⅔ cups.

Nutrition facts per tablespoon: 15 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 47 mg sodium, 3 g carbo., 0 g fiber, 1 g pro.

40 BAKED PITA CHIPS

- 4 large pita bread rounds
- Nonstick spray coating or olive oil-flavor spray coating
- ½ to ¾ tsp. onion powder, garlic powder, or seasoned pepper

Split pita bread rounds in half horizontally. Lightly spray the cut side of each pita bread half with nonstick coating. Sprinkle lightly with onion or garlic powder or pepper. Cut each half into 6 wedges. Spread wedges in a single layer on a baking sheet. (You'll need to bake chips in batches.) Bake in a 350° oven for 10 to 12 minutes or till crisp. Serve with salsa. To store, place chips in an airtight container for up to 1 week. Makes 8 servings (6 chips per serving).

Nutrition facts per serving: 55 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 108 mg sodium, 10 g carbo., 0 g fiber, 2 g pro.

41 *Baked Tortilla Strips:* Prepare as directed above except substitute eight 7-inch corn tortillas for the pita rounds. Cut whole tortillas into 1-inch-wide strips. Bake as above.

Nutrition facts per serving: 57 cal 1 g total fat (0 g sat. fat), 0 mg chol 40 mg sodium, 12 g carbo., 0 fiber, 1 g pro.

42 STRAWBERRY-RHUBARB SAUCE

- 1½ cups fresh or frozen chopped rhubarb
- ½ cup sugar
- 2 Tbsp. water
- ½ tsp. ground cardamom or ground cinnamon
- 1 Tbsp. cold water
- 1½ tsp. cornstarch
- 1½ cups sliced strawberries

In a 2-quart saucepan combin rhubarb, sugar, the 2 tablespoor water, and cardamom or cinnamo Bring to boiling; reduce heat. Cove and simmer about 5 minutes or ti the fruit is tender. Stir together th 1 tablespoon water and cornstarcl Add to the rhubarb mixture. Coo and stir over medium-heat till thick ened and bubbly. Cook and stir fc 2 minutes more. Stir in strawbe ries. Serve warm over ice crean Makes 2 cups.

Nutrition facts per 2 tablespoons: 3 cal., 0 g total fat (0 g sat. fat), 0 m chol., 1 mg sodium, 8 g carbo., 1 fiber, 0 g pro.

43 LUSCIOUS APRICOT SAUCE

- ¾ cup snipped dried apricots
- ¼ tsp. finely shredded orange peel
- 1¼ cups orange juice
- ¼ cup sugar
- ½ tsp. cornstarch

In a saucepan combine dried apr cots, orange peel, and juice. Bring boiling; reduce heat. Cover; simm about 5 minutes or till apricots a soft. Combine sugar and cornstarc Add to saucepan. Bring to boilin reduce heat. Cook and stir till bul bly. Cook for 2 minutes more. Ser over ice cream. Makes 1⅓ cups.

44 *Amaretto Apricot Sauc* Prepare apricot sauce as directe above except reduce the orang

50 Nifty Recipes

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juice to *1 cup.* Stir in 3 tablespoons amaretto just before serving. Serve over ice cream. Makes 1⅓ cups.

Nutrition facts per 2 tablespoons sauce: 60 cal., 0 g total fat, 0 mg chol., 2 mg sodium, 14 g carbo., 1 g fiber, 0 g pro.

45 BITTERSWEET CHOCOLATE SAUCE

- 4 oz. bittersweet chocolate or semisweet chocolate, cut up
- 2 Tbsp. margarine or butter
- ¾ cup milk
- ½ cup sugar
- 2 Tbsp. corn syrup

In a heavy, medium saucepan melt chocolate and margarine or butter over low heat till melted, stirring frequently. Add milk, sugar, and corn syrup. Bring to a gentle boil over medium heat. Boil gently, stirring frequently, for 8 minutes or till mixture is thickened. Remove from heat. Cool slightly. Serve warm. To store, cover and refrigerate for up to 1 week. Makes 1 cup.

46 *Liqueur-Flavored Chocolate Sauce:* Prepare Bittersweet Chocolate Sauce as directed except stir 2 to 4 tablespoons desired liqueur (such as hazelnut, amaretto, or ginger) into thickened sauce.

Nutrition facts per 2 tablespoons Bittersweet or Liqueur-Flavored Chocolate Sauce: 178 cal., 8 g total fat (4 g sat. fat), 2 mg chol., 49 mg sodium, 27 g carbo., 1 g fiber, 2 g pro.

47 *Chocolate Peanut Butter Topping:* Prepare Bittersweet Chocolate Sauce as directed except stir ⅓ cup peanut butter into the warm sauce. Stir in enough milk (about 1 tablespoon) till of desired consistency. Makes 1½ cups.

Nutrition facts per 2 tablespoons: 154 cal., 9 g total fat (3 g sat. fat), 1 mg chol., 67 mg sodium, 19 g carbo., 1 g fiber, 3 g pro.

48 CARAMEL-SCOTCH SAUCE

Be sure to warm the whipping cream before adding it to the caramelized sugar in the skillet.

- 1 cup sugar
- ½ cup whipping cream, warmed*
- 2 Tbsp. butter or margarine, cut up
- 1 tsp. vanilla

Place sugar in a heavy medium skillet. Cook over medium-high heat, without stirring, just till the sugar begins to melt and bubble, shaking the skillet occasionally to heat evenly. Reduce the heat to medium-low; cook about 5 minutes more or till the sugar is melted and

continued on page 198



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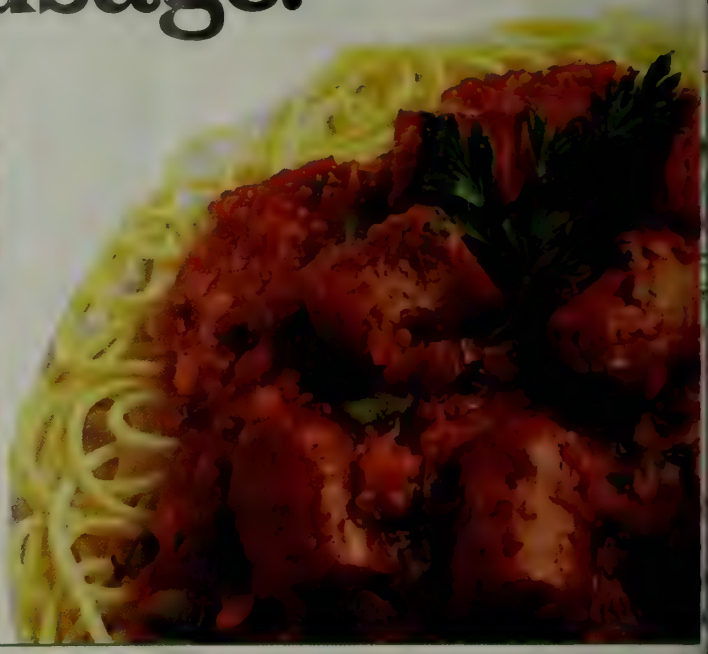


Sausage Spaghetti: 15 min.

Saute Hillshire Farm Smoked Sausage links, with peppers and mushrooms. Stir in spaghetti sauce and simmer 10 min. Pour over pasta. Magnifico!

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50 Nifty Recipes

continued from page 197



Caramel-Scotch Sauce: Treat yourself to this buttery-tasting ice-cream sauce.

golden, stirring occasionally with a wooden spoon after sugar begins to melt. Remove the skillet from heat.

Carefully and gradually stir the warmed whipping cream into the syrup (mixture will harden). Return to heat. Cook over medium heat, stirring constantly, till the caramel dissolves, about 2 to 3 minutes. Remove skillet from heat. Cool sauce slightly. Stir in the butter or margarine and vanilla. Pour the sauce into a heat-proof pitcher or container. Serve warm over ice cream. Makes about 1 cup.

Nutrition facts per 2 tablespoons: 168 cal., 8 g total fat (5 g sat. fat), 28 mg chol., 35 mg sodium, 25 g carbo., 0 g fiber, 0 g pro.

49 *Orange Caramel Sauce:* Prepare the caramel sauce as directed except substitute orange juice* for the whipping cream. Continue boiling the sauce till syrupy (about 3 to 4 minutes). Stir in butter or margarine and the vanilla. Serve warm over ice cream. Makes ¾ cup.

*To warm whipping cream or orange juice, place in a microwave-safe glass measure and heat in a microwave oven on 100% power (high) for 30 seconds or till warm.

Nutrition facts per 2 tablespoons: 164 cal., 4 g total fat (2 g sat. fat), 10 mg chol., 39 mg sodium, 34 g carbo., 0 g fiber, 0 g pro.

50 *Praline Pecan Caramel-Scotch Sauce:* Prepare Caramel-Scotch Sauce as directed. For pralines, place ¾ cup sugar in a heavy, large skillet. Cook over medium-high heat, without stirring, till the sugar begins to melt and bubble, shaking the skillet occasionally. Reduce the heat to medium-low; cook about 5 minutes more or till sugar is melted and golden, stirring occasionally with a wooden spoon after sugar begins to melt. Add 1 cup toasted pecan pieces. Stir till coated. Spread nuts on buttered foil. Cool; break apart. Stir desired amount of nuts into Caramel-Scotch Sauce just before serving. Makes about 1½ cups.

Nutrition facts per 2 tablespoons sauce: 276 cal., 14 g total fat (6 g sat. fat), 28 mg chol., 35 mg sodium, 39 g carbo., 2 g pro.

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HINTS FOR THIS MONTH'S CATEGORIES

Holiday Nibbles: No holiday party is complete without a delicious snack or appetizer. What's your specialty? Hot or cold, any type of festive nibble qualifies.

Super Stuffing Ideas: What makes your stuffing so good that it's requested year after year? Perhaps you add fruit, nuts, or meat? Maybe you add flavor with ethnic ingredients? Favorites that begin with a mix also qualify.

THIS MONTH'S WINNERS–pages 201 and 202

All winners received CORNING nonstick Visions Cookware.

$200 Winners: Mae M. Clark, Coeur d'Alene, Idaho; Kim Ramm, Lansing, Mich.

$100 Winners: Audrey Green, Pembroke Pines, Fla.; Ms. Carmela M. Meely, Walnut Creek, Calif.

Honor Roll Winners: Lynette Chesick, Albion, Iowa; Cheryl Fischer Ferguson, Indianapolis, Ind.; Melissa Gilbert, Frederick, Md.; Mrs. Alice V. Gould, Denver, Colo.; Joanna Manoogian, San Francisco, Calif.; Eileen McNeil, Shorewood, Wis.

CONTEST RULES: 1. Contest is open to U.S. residents, except Meredith Corp. employees, its affiliates, subsidiaries, and families. 2. With each entry, print your name, address, and recipe marked "November Holiday Nibbles" or "November Super Stuffing Ideas." Specify brands used and recipe origin. 3. Address recipes to 9411 Food Dept., Better Homes and Gardens, Des Moines, IA 50309-3023. 4. Postmark all entries by April 30, 1994. 5. Winners will be selected about 60 days later and notified by mail six months later. 6. Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown name for editorial and promotional purposes.

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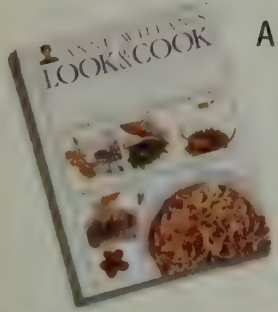
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$200 WINNER

Kim Ramm, Lansing, Mich., in the Quick and Easy Suppers Category.
April 1994



Cheese and Vegetable Chowder

How easy! Add a few ingredients to a potato mix and in 30 minutes, serve a hearty soup.

- 4 cups water
- 3 cups shredded cabbage
- 1 cup finely chopped Canadian-style bacon (4½ oz.)
- 2 large carrots, thinly sliced (1⅓ cups)
- 1 5.25- to 5.5-oz. pkg. dry au gratin potato mix
- 1 cup milk
- 1 tsp. cornstarch
- 1 cup frozen cut green beans

In a 4-quart Dutch oven combine the water, cabbage, Canadian-style bacon, carrots, and the dry potatoes with sauce mix. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes. Combine the milk and cornstarch; add to soup along with frozen beans. Simmer, covered, for 10 to 15 minutes more or till beans are tender. Makes 4 to 6 main-dish servings.

Nutrition facts per serving: 292 cal., 5 g total fat (1 g sat. fat), 20 mg chol., 1,378 mg sodium, 48 g carbo., 4 g fiber, 15 g pro. Daily Value: 198% vit. A, 72% vit. C, 20% calcium, 12% iron.



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$200 WINNER

Mae M. Clark, Coeur d'Alene, Idaho, in the Rhubarb Desserts category.
April 1994



Rhubarb-Raspberry Pie

Using a trio of fruit flavors, Mae discovered a delicious combination for this winning pie.

- 1¼ cups sugar
- 6 Tbsp. all-purpose flour*
- 4 cups chopped fresh rhubarb or frozen rhubarb*
- 1 cup raspberries
- 1 medium cooking apple, peeled and shredded
- Pastry for a double-crust pie

In a large mixing bowl stir together the sugar and flour. Stir in rhubarb, raspberries, and apple. Transfer to a pastry-lined 9-inch pie plate. Trim pastry even with the rim of the pie plate. Cut slits in the top crust. Place top crust over fruit filling. Seal and flute the edge. Cover edges with foil; bake in a 375° oven for 25 minutes. Remove foil; bake 20 to 25 minutes more or till top is golden and fruit is tender. Cool on a wire rack. Makes 8 servings.

**Note:* If using frozen rhubarb, use ½ cup flour instead of 6 tablespoons; toss the chopped rhubarb with the sugar and flour mixture. Let the mixture stand about 30 minutes or till the fruit is partially thawed but still icy. Stir well. Gently fold in the raspberries and apple. Transfer rhubarb mixture to the pastry-lined pie plate. Continue as directed except bake pie for 50 minutes. Remove foil from edges and bake 10 to 20 minutes more or till the top is golden and the fruit is tender.

Nutrition facts per serving: 476 cal., 18 g total fat (4 g sat. fat), 0 mg chol., 137 mg sodium, 77 g carbo., 3 g fiber, 4 g pro. Daily Value: 0% vit. A, 14% vit. C, 5% calcium, 13% iron.

PRIZE TESTED RECIPES®

$100 WINNER

Ms. Carmela M. Meely, Walnut Creek, Calif., in the Rhubarb Desserts Category.
April 1994



Rhubarb-Pineapple Crumble

Irresistible! Ginger in the rich sugar-crumb top complements the luscious fruit filling.

- 7 cups fresh or frozen rhubarb, cut into 1-inch pieces
- 1 8-oz. can crushed pineapple, drained
- 1 cup packed brown sugar
- 2 Tbsp. cornstarch
- 2 tsp. finely shredded lemon peel
- ⅔ cup all-purpose flour
- ¼ cup packed brown sugar
- 1 Tbsp. granulated sugar
- 1 Tbsp. chopped crystallized ginger
- Dash salt
- ⅓ cup butter
- Vanilla ice cream (optional)

Thaw frozen rhubarb completely, if using, draining well. In a large bowl combine fresh or thawed rhubarb, pineapple, and the 1 cup brown sugar. Let stand 1 hour. Drain mixture, reserving juices. If necessary, add water to reserved juices to equal ⅔ cup. Place juices in a small saucepan. Stir in cornstarch. Cook and stir over medium heat till thickened and bubbly. Remove from heat. Stir into rhubarb-and-pineapple mixture; stir in lemon peel. Place mixture in a 2-quart square baking dish.

In another bowl combine flour, the ¼ cup brown sugar, granulated sugar, ginger, and salt. Cut in butter with a pastry blender till mixture is crumbly. Spoon over top of fruit. Bake in a 350° oven about 1 hour or till light brown and bubbly. Serve warm with ice cream, if desired. Makes 6 to 8 servings.

Nutrition facts per serving: 352 cal., 11 g total fat (6 g sat. fat), 27 mg chol., 144 mg sodium, 64 g carbo., 3 g fiber, 3 g pro. Daily Value: 10% vit. A, 27% vit. C, 14% calcium, 14% iron.

Buying information page 91

PRIZE TESTED RECIPES®

$100 WINNER

Audrey Green, Pembroke Pines, Fla., in the Quick and Easy Suppers category.
April 1994



Curry-Cajun Spiced Chicken

Simply mix the ingredients together, pour over chicken, and bake for a quick dinner.

- ⅓ cup honey
- 3 Tbsp. water
- 3 Tbsp. prepared mustard
- 2 Tbsp. margarine or butter, melted
- 2 to 3 tsp. Cajun seasoning
- 2 to 3 tsp. curry powder
- 1 tsp. lemon juice
- 1 clove garlic, minced
- 6 skinless, boneless chicken breasts halves (about 1½ lb.)
- Hot cooked rice

In a 3-quart rectangular baking dish combine honey, water, mustard, melted margarine or butter, Cajun seasoning, curry powder, lemon juice, and garlic; mix well. Add chicken breast halves, turning to coat. Arrange in a single layer. Bake, uncovered, in a 350° oven about 30 minutes or till chicken is tender and no longer pink. Serve chicken and pan drippings with hot cooked rice. Makes 6 main-dish servings.

Nutrition facts per serving with ½ cup rice: 438 cal., 11 g total fat (2 g sat. fat), 89 mg chol., 389 mg sodium, 47 g carbo., 1 g fiber, 35 g pro. Daily Value: 12% vit. A, 2% vit. C, 4% calcium, 19% iron.

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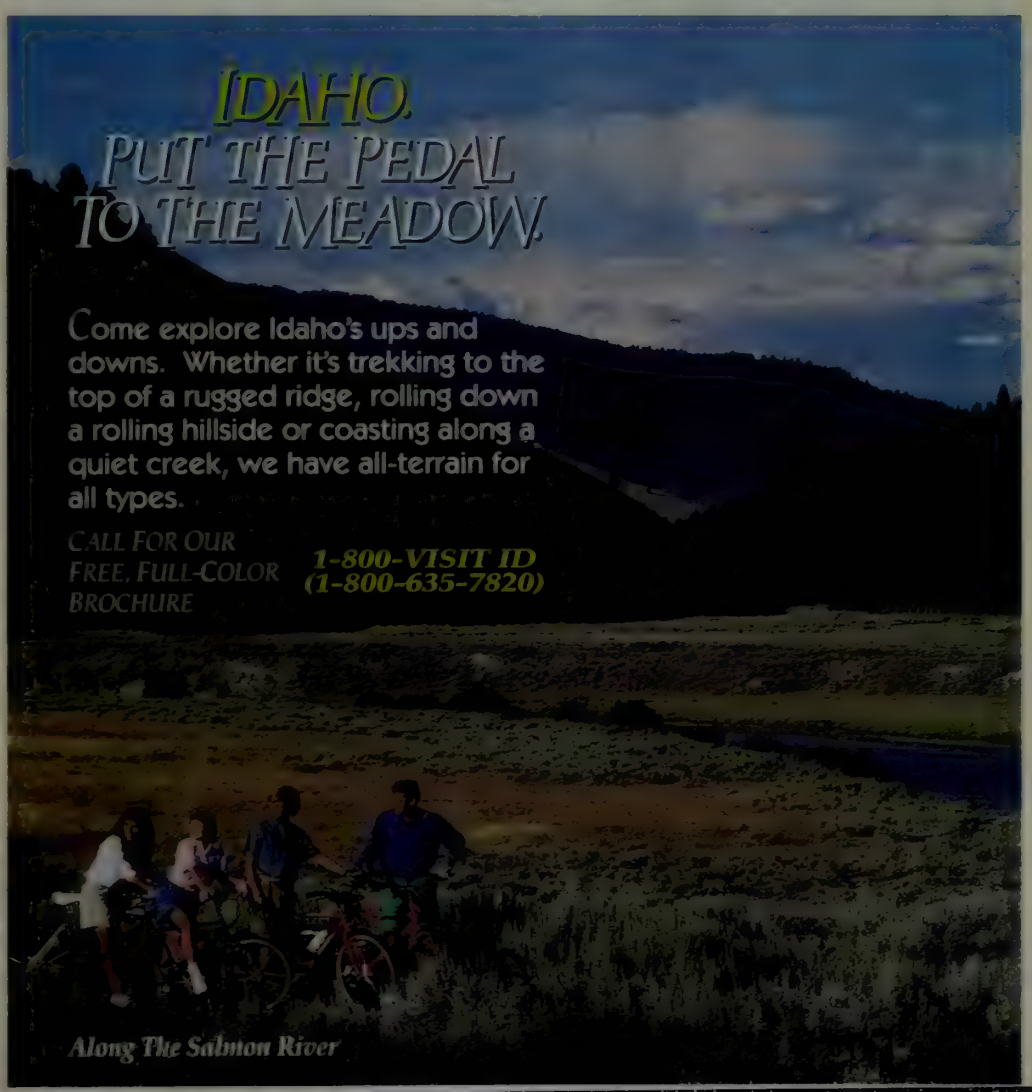
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Travel Tips

HOW TO BE SAFE IN YOUR HOTEL

Ah, the pleasures of being a hotel guest. You're free from cooking, cleaning the bathroom, and doing the laundry. Alas, you're not free from the threat of crime, even at the poshest of inns.

Besides staying home, or traveling with a bodyguard, how can the savvy traveler spot a security-minded hotel? Virginia Duncan, a travel consultant for Budgetel Inns, suggests that you look for:

- A front-desk clerk on duty 24 hours a day.
- Short, well-lit corridors.
- Doors with peepholes, dead bolts, latches, and chains.
- Secure windows.
- Side and rear doors that require a room key for entrance.
- Hall entrances only—no outside access to guest rooms. (Other experts disagree. They feel that the typically large window beside an outside door gives you a better view of someone on the other side than a peephole to the hallway affords.)
- A working room phone, with a list of emergency numbers.

The American Hotel & Motel Association, which sponsors a coalition on traveler safety along with the American Automobile Association (AAA), the American Association of Retired Persons, and the National Crime Prevention Council, warns that you should verify who is at your door before you open it. If a person claims to be an employee, call the front desk and ask if they sent a staff member to your room and why.

Don't display your room key in public, and don't leave it on restaurant tables, at the pool, or other places where it can be stolen.

Safety fears have prompted action from some industry members. For example, AAA requires that its approved lodgings—two-thirds of U.S. accommodations—have dead bolts and peepholes on each guest-room door.

For a free list of 10 travel safety tips, send a business-size, self-addressed, stamped envelope to ***AH&MA Tips, 1201 New York Ave., NW, Dept. BHG, Washington, DC 20005-3931.***

You can receive a free copy of Budgetel's "Tips for Today's Woman Traveler," by calling ***800/428-3438.***

—by Diane Bair & Pamela Wright

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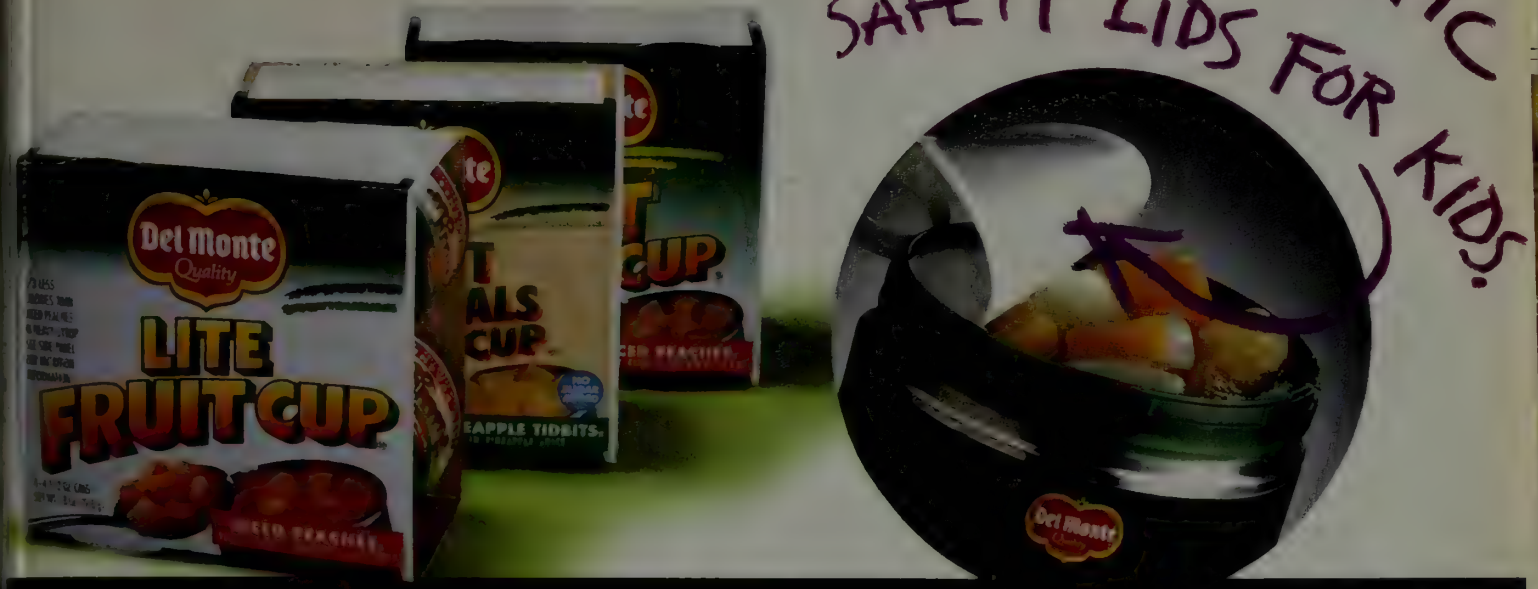
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Penne d'Allessandria

6 red bell peppers, quartered, seeds and stems discarded
6 Tbsp. Bertolli Extra Virgin Olive Oil
Salt and freshly ground black pepper
1 lb. large white mushrooms, sliced
1/2 cup packed Italian parsley leaves
1 Tbsp. fresh oregano leaves
1 Tbsp. fresh thyme leaves, stripped from stems
2 garlic cloves, coarsely chopped
1 lb. Italian sausage, sliced (removed from casings)
1 lb. penne or other tubular pasta shape
1/4 cup reserved pasta cooking liquid
Grated Parmigiano-Reggiano, to taste

1. Heat oven to 450°F. Cut pepper quarters into 1/2" thick diagonal pieces. Place in 13x9" baking dish. Drizzle with 3 Tbsp. of olive oil, salt, pepper to taste. Bake until peppers are charred on edges and tender, stirring occasionally, 30-40 min. Remove from oven.

2. Finely chop parsley, oregano, thyme, garlic together, set aside. Heat 3 Tbsp. of oil in large non-stick skillet. Add mushrooms, cook, stirring, over medium high heat until mushrooms are tender and golden brown. Add chopped herb and garlic mixture; saute, stirring, 2 min. Sprinkle with salt, pepper, transfer to side dish. Wipe out skillet.

3. Place sausage into skillet, cook, stirring, over medium high heat, until sausage is browned. Transfer to strainer, drain. To baking dish with roasted peppers, add mushroom mixture and sausage. Cover with foil. Keep warm in oven, set at lowest temperature.

4. Boil large pot of water. Stir in penne, salt, to taste. Cook, stirring frequently, over high heat, until pasta is tender. Ladle out 1/4 cup pasta cooking liquid, reserve. Drain pasta.

5. In large deep platter combine pasta, red pepper, mushroom and sausage mixture. Stir to combine. Add pasta cooking liquid to moisten pasta. Sprinkle with cheese. Serves 4

IF YOU WANT IT TO BE BETTER, IT BETTER BE BERTOLLI.



Shape Up a Split-Level





Tom Tripp's outdated eyesore was transformed into this stylish yet comfortable contemporary home.

Give your shopworn '70s split-level new appeal for the '90s. Just look at the transformation of Tom Tripp's tired old tract house.

Dated and in disrepair, Tom's house was an eyesore. But its lush lot and peaceful neighborhood were just right for raising his teenage boys. "I didn't have any idea what architectural direction to take," he admits. "But I knew something had to be done, fast." On the inside, architect John Hasenberg designed a floor plan that fits Tom's need for "some place casual where my boys and I can be together easily."

Sunlight streams through the clerestory windows and shimmers down from the heights of the living room's cathedral ceiling. The ceramic-tiled chimney, flanked by a built-in media center and bookshelves, flatters the room with its clean and simple shapes. Naturally finished maple flooring adds warmth and classic charm.

In keeping with the light and airy approach, the kitchen is completely in the open. Sliders along the rear wall offer easy access to the pool and backyard. Low and linear rooflines lend new forms to banish a once bland exterior. The front-facing clerestories peek out from under the popped-up roof. By adding substance to the midsection, this raised roof gives the house solidity and cohesion. A new entryway, with a stuccolike surface, is a shapely addition to the flat-faced facade.

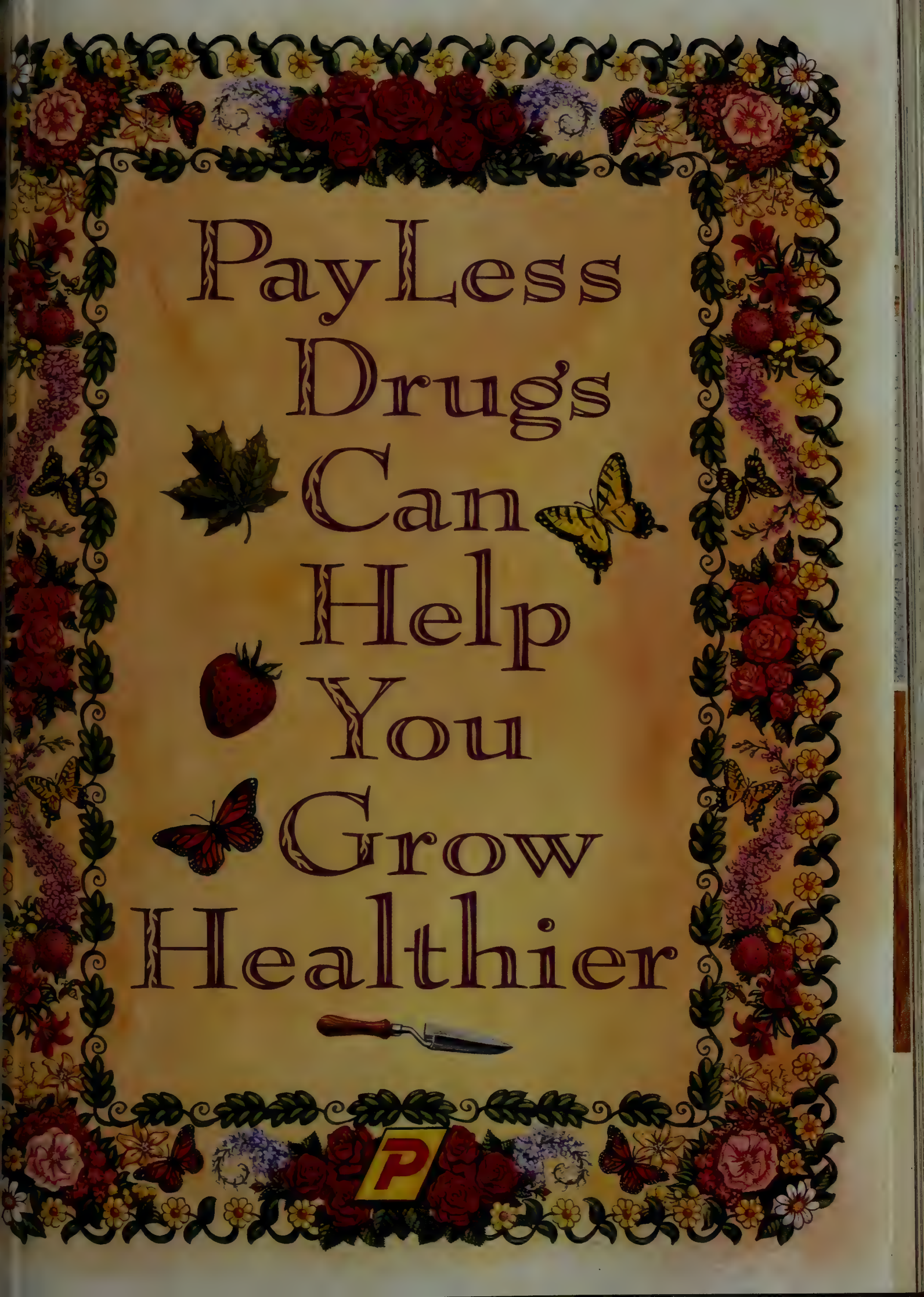




Clerestory windows and a fireplace that soars to the height of the cathedral ceiling add drama to the light and airy living room.

A free-flowing floor plan featuring an open kitchen and easy access to the private backyard lends itself to the casual lifestyle that Tom enjoys.

Photographs: Stephen Cridland
Architect: John Hasenberg
Regional Editor: Cathy Howard


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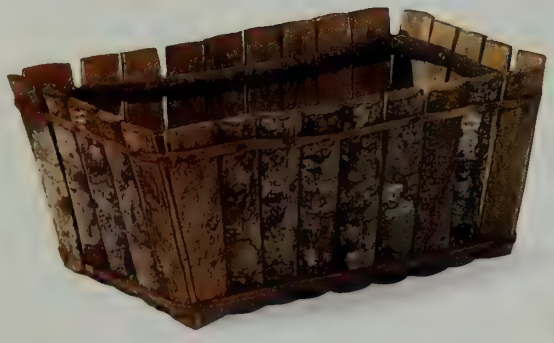
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THE NEW SWEET-AND-SOUR PORK

Save 280 calories and 19 grams of fat per serving with this slimmed-down Oriental favorite.

- 1 cup long grain rice
- 12 oz. lean boneless pork
- ½ cup fine dry bread crumbs
- 2 Tbsp. margarine, melted
- 2 cloves garlic, minced
- 1 cup reduced-sodium chicken broth
- ⅓ cup sugar
- ⅓ cup red wine vinegar
- 4 tsp. cornstarch
- 1 Tbsp. reduced-sodium soy sauce

• • •

- Nonstick spray coating
- 1½ cups thinly bias-sliced carrots (3 medium)
- 1 medium green pepper, cut into 1-inch squares (1 cup)
- 1 medium red sweet pepper, cut into 1-inch squares (1 cup)
- 3 green onions, bias-sliced into 1-inch pieces
- 1 8-oz. can pineapple chunks (juice pack), drained



MIKE DIETER

What makes the healthful difference? The tender nuggets of pork are baked instead of fried.

Cook rice according to the package directions, except omit the margarine or butter and the salt. Keep rice warm while preparing the pork and vegetables.

Trim any visible fat from the pork. Cut the pork into ¾-inch cubes; set aside. Place bread crumbs in a shallow dish. In a medium mixing bowl stir together the melted margarine and *half* of the minced garlic. Add the pork and toss to coat. Roll pork cubes in bread crumbs to coat evenly.

Arrange the pork in an ungreased 15x10x1-inch baking pan. Bake in a 375° oven for 10 to 12 minutes or till pork is tender and no pink remains. (It's not necessary to turn pork during baking.) Cover and keep pork warm while preparing the sauce and vegetables.

For sauce, in a small mixing bowl stir together the chicken broth, sugar, red wine vinegar, cornstarch, and soy sauce. Set mixture aside.

Spray a cold wok or large skillet with nonstick coating. Preheat the wok or skillet over medium heat. Add the remaining minced garlic to the wok or skillet and stir-fry for 15 seconds. Add the sliced carrots; cover and cook for 3 minutes. Add the green and red sweet peppers and green onions; stir-fry for 3 to 4 minutes more or till vegetables are crisp-tender. (If necessary, add a small amount of water during cooking to prevent sticking.)

Remove the cooked vegetables from the wok or skillet. Stir the sauce mixture, then add to the wok. Cook and stir the sauce till thickened and bubbly. Cook and stir for 2 minutes more. Stir in the cooked vegetables and the pineapple chunks. Cook and stir about 1 minute more or till vegetables are heated through.

To serve, spoon hot cooked rice onto 4 dinner plates. Top rice with pork; spoon vegetable mixture over pork. Serve immediately. Makes 4 main-dish servings.

Nutrition facts per serving: 447 cal., 13 g total fat (3 g sat. fat), 38 mg chol., 502 mg sodium, 65 g carbo., 3 g fiber, 19 g pro. Daily Value: 203% vit. A, 46% vit. C, 8% calcium, and 25% iron. ♦





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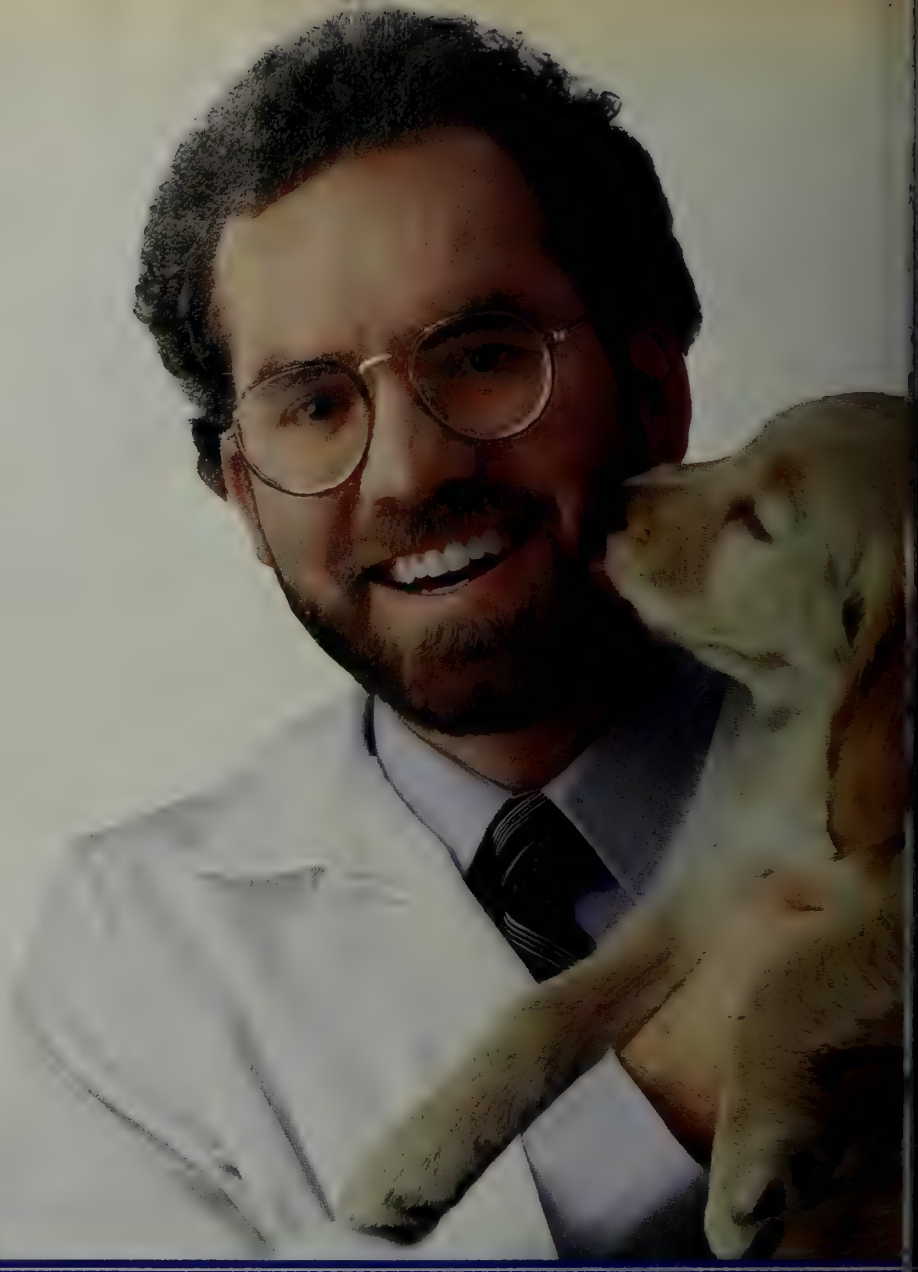
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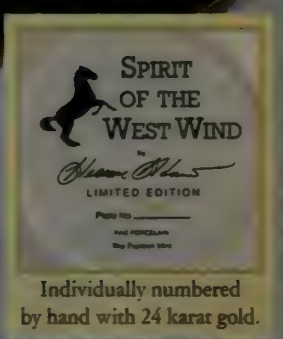
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auto update

APRIL 1994



Nifty *new Neon*

Chrysler has done it again, adding a smashing subcompact, the Neon, to its innovative LH platform fleet. Like its popular predecessors, the front-wheel-drive Neon cruises down the road with a sturdy cab-forward stance, wheels square to the corners for surefooted handling and a roomy interior. The zippy 2.0-liter, 16-valve engine with single overhead camshaft delivers 132 horsepower and 129 foot-pounds of torque. An even zippier twin-cam engine will be available this fall. Badged as a Plymouth or a Dodge, the Neon aims its perky headlights and bright colors straight at entry-level buyers—singles and young families looking for fun and a style statement in a four-door sedan at an affordable price. That comes in at a competitive $8,975 for the five-speed stick base model, complete with dual air bags. There's an optional three-speed automatic. Estimated fuel performance for the standard transmission model runs 29 mpg city, 38 mpg highway. The four-door Neon hit dealerships in January. Expect a two-door in the fall.

Extended Warranties

Are They Worth the Money?

Every new car and truck comes with a warranty. Terms vary, but they typically cover the cost of repairs and parts for the first two to four years of ownership or the first 24,000 to 48,000 or so miles driven. Many auto makers continue coverage for major driveline components and rust-through damage well past the basic warranty.

What if you are worried about repair costs beyond your basic coverage? Then consider buying an extended warranty. You'll pay from $300-plus to $1,000 or more, depending on what's covered and for how long.

As with any insurance, the odds are that you'll never need to use an extended warranty, so if you buy, buy smart:

- **Read the contract carefully. Get details spelled out in writing if terms are vague.**
- **Find out who backs the warranty—the manufacturer is usually best. Is the contract transferable to a new owner?**
- **Do you have to pay for repairs and file a claim for reimbursement, or can you just pay the deductible?**
- **Are deductibles charged per repair or per repair visit?**
- **Must you go to a specific dealer for [illegible] or do you have some choice?**

AMERICA'S FAVORITE COLORS



FORD TAURUS

White still tops the list for car buyers, including fans of the number one sedan, Ford's Taurus. But **green** has been gaining in recent years; **black** and bright and dark **reds** hold their own for trucks, sports cars, and sedans; and a variety of **blues** are popular now, from aqua-marine to light and deep blue.



JEEP GRAND CHEROKEE

New technologies enhance colors with richness and depth, or create the appearance of shifting tints. Still popular for many luxury cars: interiors that match the exterior color. On smaller vehicles, interiors lean toward grays or subtly textured weaves with accents of color to balance the brightly hued exteriors that are in style today.



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by W. Bradford Swift, D.V.M.

Setting Up an Aquarium



If you want something fishy in your life, here's how to get off on the right fin, uh, foot, with an aquarium.

Equipment. "Avoid starter kits," urges Mike Wickham, who sells aquarium supplies. "They usually don't have all the equipment or quality you need."

Get the biggest tank you can afford and have room for. A 20-30 gallon tank provides a stable environment, gives you good viewing, and offers flexibility in fish selection. A long, low tank provides fish with more oxygen than a short, high one.

For the cleanest environment, select a combination under-gravel and outside power filter. Then spread two to three inches of gravel on the bottom of the tank. You'll also need a heater, a thermometer, an air pump, and tubing. Tanks over 20 gallons need a dual valve pump. Although fluorescent tank lights cost more, they'll save you money by giving better quality light at less cost. A hood reduces water evaporation while keeping the fish in the tank and your cat out of it.

Basic equipment for a 20-gallon aquarium runs about $120 to $200.

Live or plastic plants add a nice touch. Real plants require more maintenance but retard algae growth. Fish need something to swim around and for hiding. To avoid polluting your tank, stick to items purchased from a store, such as treasure chests, sunken ships, and mermaids. Ask which toys will be safe for your fish.

Stocking your tank. How many fish should you have? Aquarium expert Steve Szabo says the rule of thumb is "no more than one inch of fish per gallon of water." Tropical fish range from one-half to two inches long, so a 20-gallon tank holds up to 20 fish. It's better to have fewer fish than to overcrowd—and kill—them.

Start with healthy fish, and use caution in buying bargain or discounted fish. They aren't bargains if they die.

FINNY FRIENDS FOR FAMILY FUN

Freshwater fish belong to one of two communities, according to Rich King of Marine Ecosystems in North Carolina. Good starter fish from the first community include platys (also called moons), swordtails, Corydoras catfish, tiger barbs, and Zebra danios. African cichlids make up the other community. They are visually pleasing but aggressive and shouldn't be mixed with fish from the first group.

Every tank should have a plecostomos catfish which eats algae and is active and fun to watch.

Avoid male bettas, which are too aggressive, the fragile and pricey Discus; and the Chinese algae eater. It feasts on fish as well as algae.

The watery environment. The water for your tank can come straight from the tap. If your water is chlorinated, remove the chemical with dechlorination tablets. To avoid the stress on your fish caused by toxic buildup, change 25 percent of the water every two weeks.

After first setting up your tank and stocking it, wait at least three weeks before adding other fish. This will give helpful bacteria time to become established.

Before adding new fish to your aquarium, keep them isolated in a five- or 10-gallon quarantine tank for at least two weeks, watching for white spots (ich), or other signs of disease. Place the open, water-filled bag in which you bought the fish in the tank for 15-30 minutes until the two water temperatures have equalized. Then transfer fish to the new water with a net.

New Tank Syndrome takes two forms, gray cloudiness caused by bacteria or green cloudiness caused by algae. For a bacterial problem, change half of the water daily until the syndrome dissipates. With an algae bloom, check to see if your water is too high in nitrates, which algae feed off. If so, reduce the concentration by cycling in fresh water. Also, reduce the amount of light.



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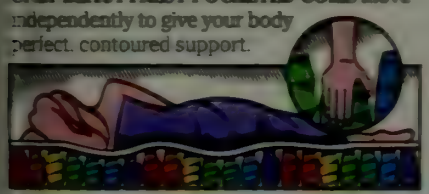
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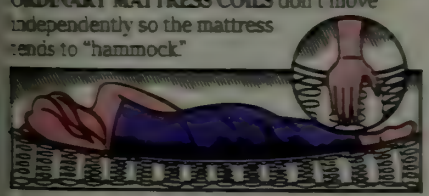
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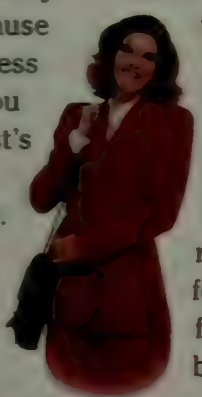
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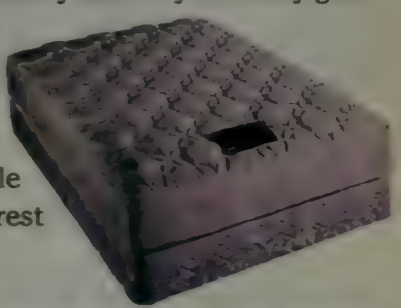
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- 1/2 tsp. tumeric
- 1 cup couscous
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- 1/2 cup chopped, seeded plum tomatoes
- 2 Tbsp. chopped green onion
- 2 Tbsp. chopped cilantro
- 1 large jalapeño pepper, seeded and chopped
- 2 tsp. fresh lime juice
- 1/4 tsp. ground cumin

In a medium saucepan, bring chicken broth and tumeric to boiling. Stir in couscous. Remove from heat, cover, and let stand for 5 minutes or until the broth is absorbed.

Stir garlic butter sprinkles into the couscous mixture. Fluff well with a fork. Stir in the beans, tomatoes, onion, cilantro, pepper, lime juice, and cumin. Serve warm as a side dish.

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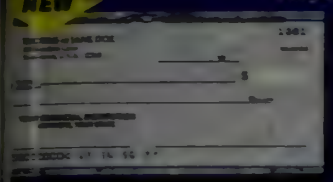
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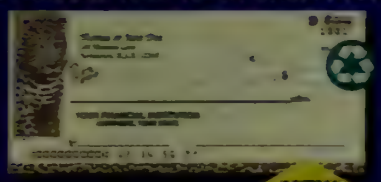
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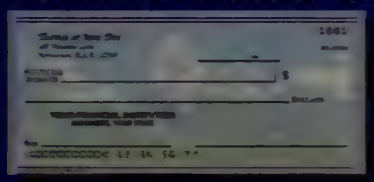
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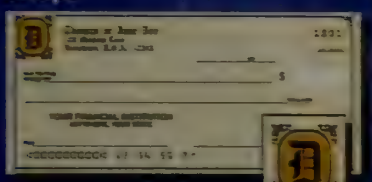


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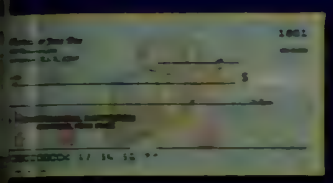
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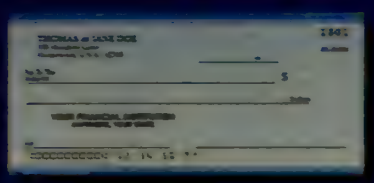
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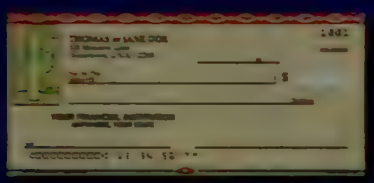
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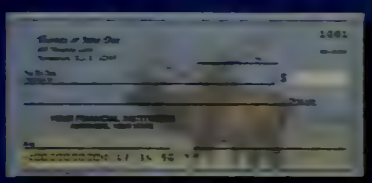
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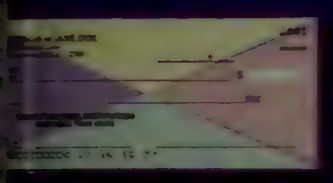
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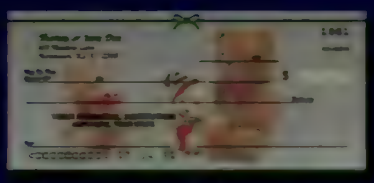
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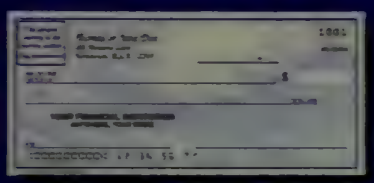
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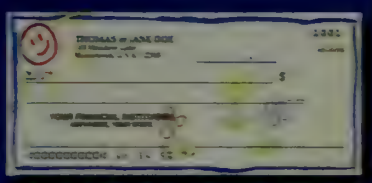
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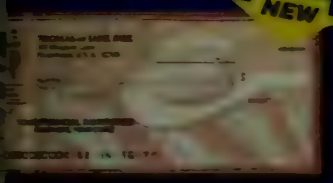
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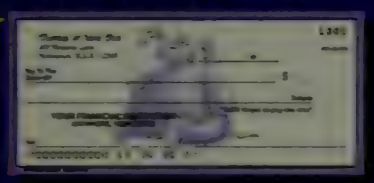


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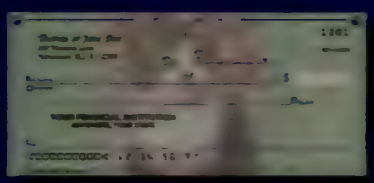


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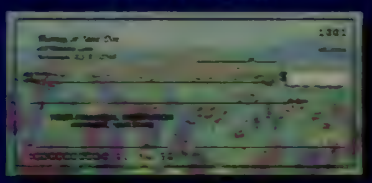
3 Country & Western (2 scenes)



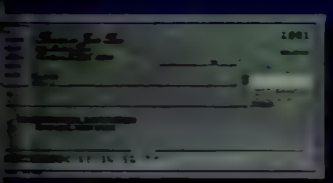
28 Critters (4 scenes)



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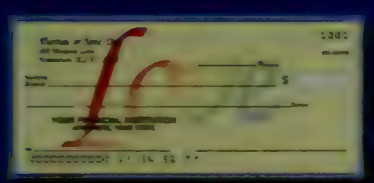
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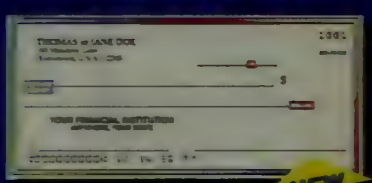
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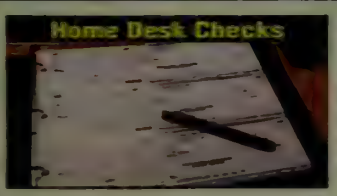
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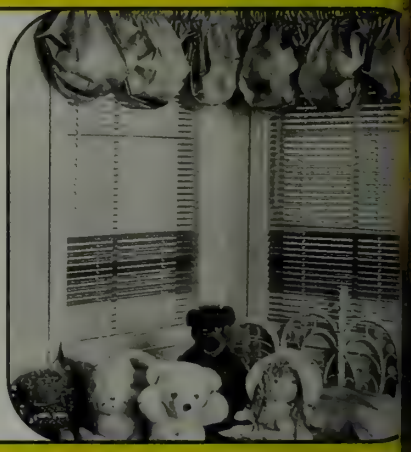
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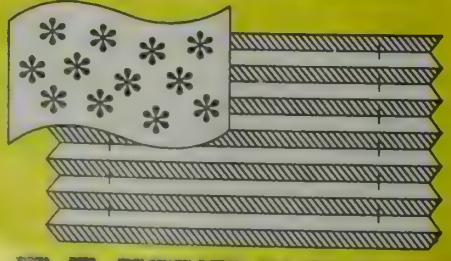
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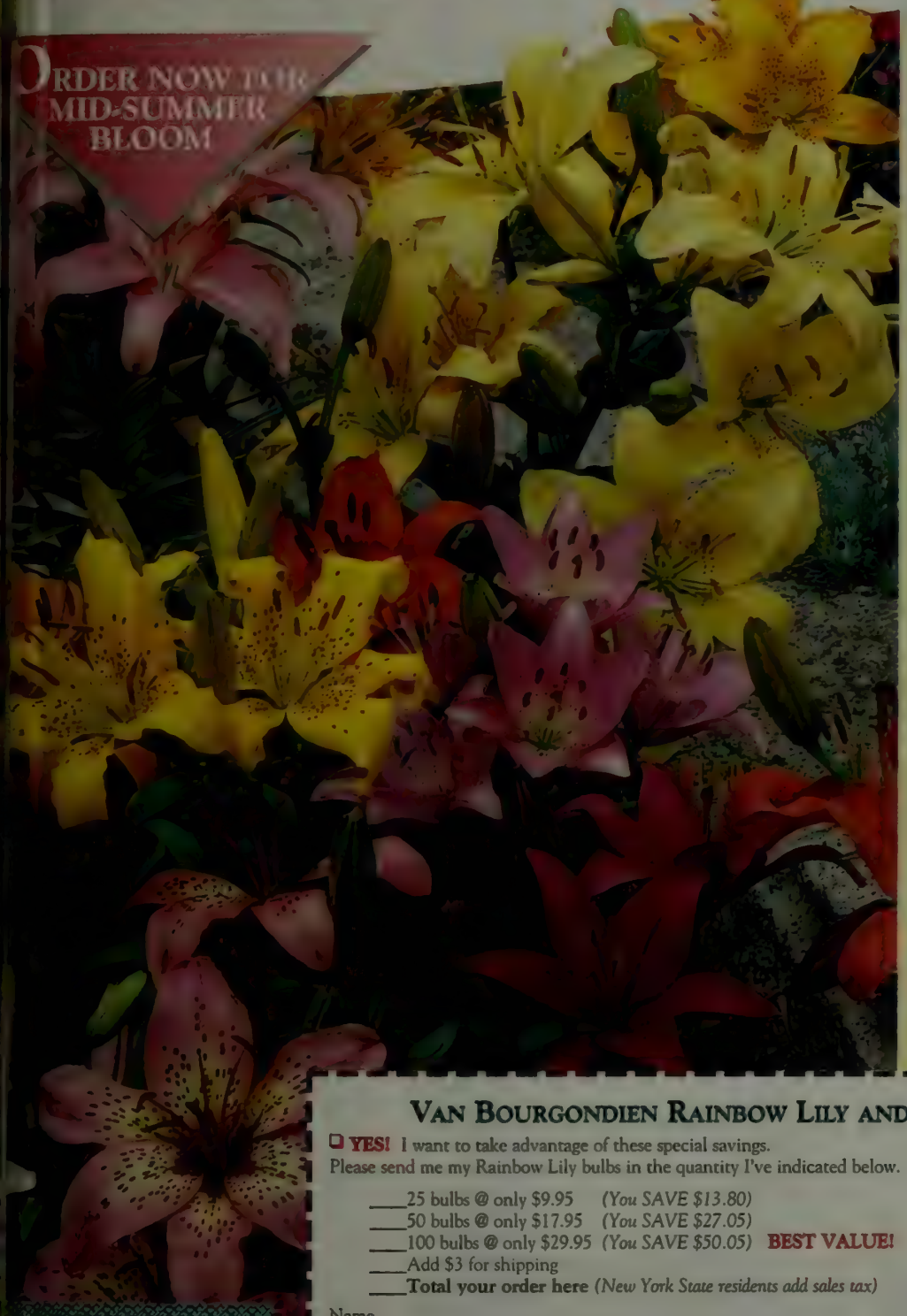
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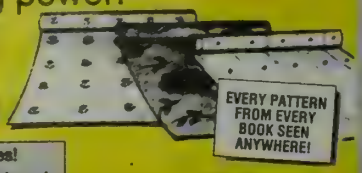
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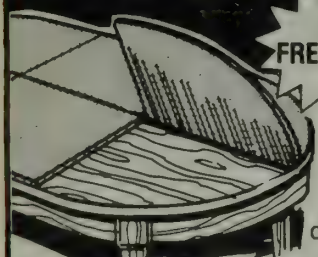
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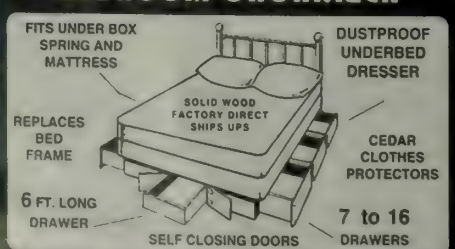
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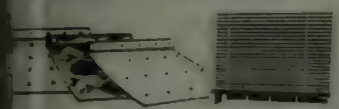


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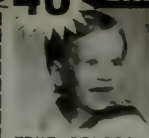
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When Liz Randall reported that her daughter and new husband were having compatibility problems, I expressed hope for the relationship. "Oh, their relationship is fine," responded Liz. "It's their computers that aren't compatible."

Rosemary writes from college that her dormitory colleagues have developed an informal rating system for popular music. "If it sounds good three rooms away, it's a hit."

Busy accountant Bob Lewis doesn't quarrel with the prediction that the meek shall inherit the earth, although he suspects that the IRS will be there to collect its share.

Elaine Cowan concedes that earlier generations had it tough, but adds, "At least they didn't have to worry about mixing up their office extension number, calling card password, and bank card PIN number."

Dick Dresch has a new name for the pastries he loves to make: hazardous waist products.



"Hi, I'm Fluffy. I'm going to be your cat for a while."



"New car, Al?"

Grandpa Hillis was a bit glum after his annual checkup. "He gave me a clean bill of health. Now I'll have nothing to talk about at the bridge club."

Years of experience in monitoring the political arena have taught Ned Carter that when a politician says he is retiring because of health concerns, it usually means that the voters are getting sick of him.

Judge Julia Amsden says her docket would be a lot less crowded if folks simply told "the truth, the whole truth, and nothing but the truth," *before* they wind up in court.

With economic times being what they are, Ned Carter thinks it's about time that our community stop handing out keys to the city to visiting politicians and start changing the locks on the doors instead.

Elaine Cowan says that the next best thing to a clear conscience is a poor memory.

~"Why the long face, Sport?" I asked Burt Jr.

"No reason," he responded. I he my tongue and he began to open u

"I'm never going to be anything he began. "I always wanted to be a pro ball player, but I didn't even make the starting lineup at school.

"And I thought I might become vet, but biology class is such a drag

"And now the girl I was going t ask to the dance this Saturday says she's going with someone else."

"Well, I guess you have three options," I said. "You can work ha and overcome your deficiencies. Or you can wait a few years before yo decide what profession to choose. Or, you can ask someone else to the dance."

"Why do I have to pick one of those options?" Burt responded. "Why can't I do all three?"

"Capital idea!" I responded befo he could realize that he'd just solv his own problems.

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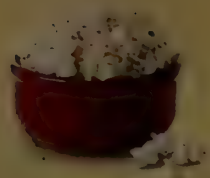
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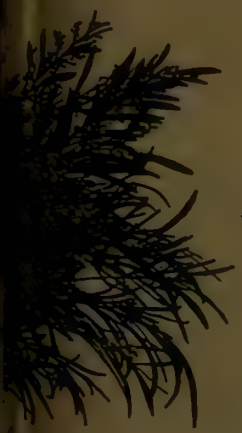
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Cover Photograph: Eric Roth. Regional Editor: Estelle Bond Guralnick

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $17 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. **Subscription prices:** One year $17 in the United States and its possessions. Canada, add $12 per year. Other countries, add $12 per year. Trademark registered in Canada and Australia. Marca registrada en México. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. BOX 55211, BOULDER, CO 80322-5211. May 1994. VOL. 72, NO. 5
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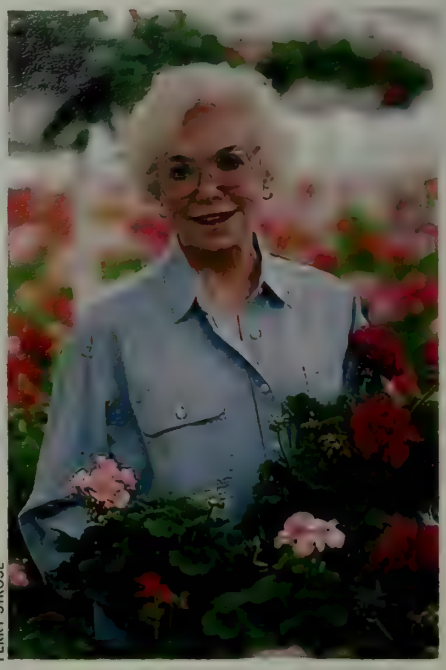


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between friends



PERRY STRUSE

Long before I knew what a magazine editor did or that I would grow up to be one, I was a college kid working at a TV station in Duluth. I'd been hired to design sets for local shows and to fill in my time writing copy. But at a small operation, everyone learned to do everything. So in no time at all, I was out in the studio pushing around a floor mike and holding cue cards—the forerunners of the TelePrompTer. My career as a film editor was terminated the night I spliced three segments of film together, the middle one inside out and backward. And my on-camera experience was limited to being half a dance team that performed as shadows behind a translucent screen. Ah, showbiz!

Despite my inauspicious beginnings, I've always been fascinated by TV, and although I'm happiest as an editor, I'm still pleased whenever the magazine staff or I have a chance to be involved in television. 1994 is going to give us plenty of chances!

This fall on PBS, you can catch Building Editor Steve Cooper and Interior Designer Joe Boehm on the popular home-building show "Hometime VI." And you'll find our interior design editors showing up on the brand-new home-decorating show "Haven," created by the Home Furnishings Council. The show is loaded with great decorating ideas and will feature guests from the design field. I may even make an appearance on "Haven." But this time, I promise I won't dance!

Jean LemMon

Jean LemMon, *Editor in Chief*





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Atlanta Housewife Investigated And Almost Arrested For Losing 73 Pounds

By Kathleen Ann Muldowney

Did you ever notice that when you're fat, people actually stare at you while you eat. It's as if they want to tap you on the shoulder and say, "If you wouldn't eat that stuff, you wouldn't be so fat!"

Hello. My name is Kate Muldowney. You don't know me from Adam. But I'm a real person. I live near Sandy Springs, Georgia. And, up until two years ago, I was the fat lady that everyone was staring at.

I was too tired to go out with my friends at night. I was even embarrassed to go out on weekends by myself. I waddled when I walked. I sweat when I ate. I wore anything loose that would hang straight down and wouldn't cling. I couldn't even cross my legs. I wasn't just "overweight." I was fat. I was 5'4" and weighed 202 pounds.

I went to my doctor for help. But I wasn't optimistic. During the past seven years I had tried 16 *different* diets. One by one. And I failed at all of them.

My doctor listened to me very carefully and then recommended an entirely different program. This wasn't a "diet." It was a unique new weight-loss program researched by a team of bariatric physicians — specialists who treat the severely obese. The program itself was developed by Dr. James Cooper of Atlanta, Georgia.

I started the program on May 17th. Within the first four days, I only lost three pounds. So I was disappointed. But during the three weeks that followed, my weight began to drop. Rapidly. Within the next 196 days, I went from 202 pounds to 129 pounds.

The reason the program worked was simple: I was *always* eating.

I could eat *six times every day*. So I never felt deprived. Never hungry. I could snack in the afternoon. Snack before dinner. I could even snack at night while I was watching TV.

How can you eat so much and still lose weight?

The secret is not in the amount of food you eat. It's in the *prescribed combination* of foods you eat in each 24-hour period. Nutritionally dense portions of special fiber, unrefined carbohydrates, and certain proteins that generate a calorie-burning process that continues all day long ... a complete 24-hour fat-reduction cycle.

Metabolism is evened out, so fat is burned away around the clock. Not just in unhealthy spurts like many diets. That's why it lets you shed pounds so easily. Without hunger. Without nervousness.

And it's all good wholesome food. No weird stuff. You'll enjoy a variety of meats, chicken, fish, vegetables, potatoes, pasta, sauces — plus your favorite snacks. Lots of snacks.

This new program must be the best kept secret in America. Because, up until now, it's *only been available to doctors*. No one else. In fact, the Clinic-30 Program has been used by 142 doctors in the U.S. and Canada to treat more than 9,820 patients. So it's doctor-tested. And proven. This is the first time it's been available to the public.

There are other benefits too ...

- There are no amphetamines. No drugs of any kind.
- No pills. No powders. No chalky-tasting drinks to mix. Everything's at your local supermarket. No special foods to buy.
- There's no strenuous exercise program.
- You don't count calories. Just follow the program. It's easy.
- It's low in sodium, so you don't hold water.
- You eat the foods you really enjoy. Great variety. Great taste.
- You can dine out.
- There's no ketosis. No bad breath odor.

But *here's* the best part ...

Once you lose the weight, you can keep it off. Permanently! Because you're not hungry all the time.

Let's face it. We all have "eating lifestyles." Our eating habits usually include three meals a day. Plus two or three snacks. We all love snacks. Especially at night.

But most diets force us to change all that.

And that's why they fail!

The Clinic-30 Program lets you *continue your normal eating lifestyle*. You can eat six times a day. You can snack when you wish. So, when you lose the weight, you can keep it off. For good. Because no one's forcing you to change.

Here are some other patients from Georgia who entered Dr. Cooper's Clinic-30 Program with me ...

• Reverend Donald F. is a 42-year-old minister who went from 227 to 179 in just four months.

"In spite of church suppers, I've lost almost 50 pounds in four months and I'm not having a rebound gain."

• Renate M. was a G.I. bride from Germany who went from 212 to 140.2 in 8½ months.

"I believe I was a participant in every weight-reducing plan there ever was. Then, about two years ago, I started the Clinic-30 Program. And I haven't regained a pound."

And then there's me. About 4 months ago I was stopped by a policeman for not using my turning signal. When he looked at my driver's license he claimed it wasn't mine. He said it had someone else's picture on it.

After he called for a computer check, he came back to the car smiling. "You must have lost a lot of weight. This picture doesn't even look like you." I agreed. In a way, it was one of the nicest "warnings" I'd ever received.

Obviously, I'm excited about the program. This is the first time it's been available outside of a clinical setting. Dr. Cooper has asked Green Tree Press, Inc. to distribute it.

We'll be happy to send you the program to examine for 31 days. Show it to your doctor. Try it. There's *no obligation*. In fact, your check won't be cashed for 31 days. You may even postdate it 31 days in advance if you wish.

Choose a day and start the program. If you don't begin losing weight within five days — and continue losing weight — we'll promptly return your *original uncashed check*. No delays. No excuses.

Or keep it longer. Try it for six months. Even then, if you're not continuing to lose weight on a regular basis, you'll receive a full refund. Promptly. And without question. This is the fairest way we know to prove to you how well this new program works.

To order, just send your name, address and postdated check for $12.95 (plus $3.00 shipping/handling) to The Clinic-30 Program, c/o Green Tree Press, Inc., Dept. 622, 3603 West 12th Street, Erie, PA 16505.

AN IMPORTANT REMINDER

As your weight begins to drop, do not allow yourself to become too thin.

It's also very important to consult your physician before commencing any weight-loss program. Show him this program. And be sure to see him periodically if you intend to take off large amounts of weight.

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READERS' SOLUTIONS

HIGH-TECH HEALTH UPDATE

When my mother had emergency surgery, Dad spent most of his time at the hospital. Each evening when he returned home, his answering machine was filled with requests for an update on Mother's health. Even though Dad was exhausted, he would try to call each person with a report. My sister and I decided to record a new greeting on the answering machine each day, giving listeners a current update on my mother. Several people mentioned how reassuring the messages were and few requested a return call.

Kathleen Duncan
Lincoln, Neb.

EMERGENCY PACK

After a tornado damaged our neighborhood, we could not live in our house for several days, and we had taken nothing with us. Now we keep an emergency pack ready at all times. It's a cloth bag filled with a flashlight, a portable radio, extra batteries, blankets, matches, and a first-aid kit, soap, shampoo, socks, and underwear for every family member.

Marianne and Marko Pushavetz
Barrie, Ontario, Canada

PARTY FOR A CAUSE

Twice a year our neighborhood throws a party for a cause. The party is a potluck meal where everyone prepares an extra dish, or brings nonperishable goods for our local homeless shelter. The shelter looks forward to this event, and so do we.

Lydia Gross
Birmingham, Ala.

VISIT REMINDER

I hadn't heard from some friends for a while, so I dropped them a short note like dentists send: "It has been six months since your last visit. Please call for an appointment." They were so amused they called the day they received my note.

Gladys R. Kolb
Hillsville, Va.

SALE IS FAMILY AFFAIR

A few months before I have a garage sale, I designate a closet for sale items. Every member of the family gets involved. We price and tag our items before placing them in the closet. When the big day arrives, all is ready to be put out.

Alba Rinehart
Nashville, Tenn.

WAKE-UP CALL

As the parent of an early-rising preschooler, I was eager to find a way to explain to him when it's OK to get up. A friend told me to teach him the number seven and put a digital clock by his bed. I covered the minute numbers to avoid confusion. It works great!

Susan Isaacs
Lanesville, Ind.

WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of Better Homes and Gardens®. We will pay $50 for each idea published.



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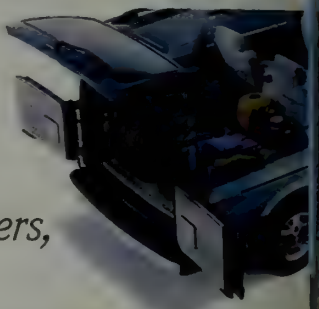
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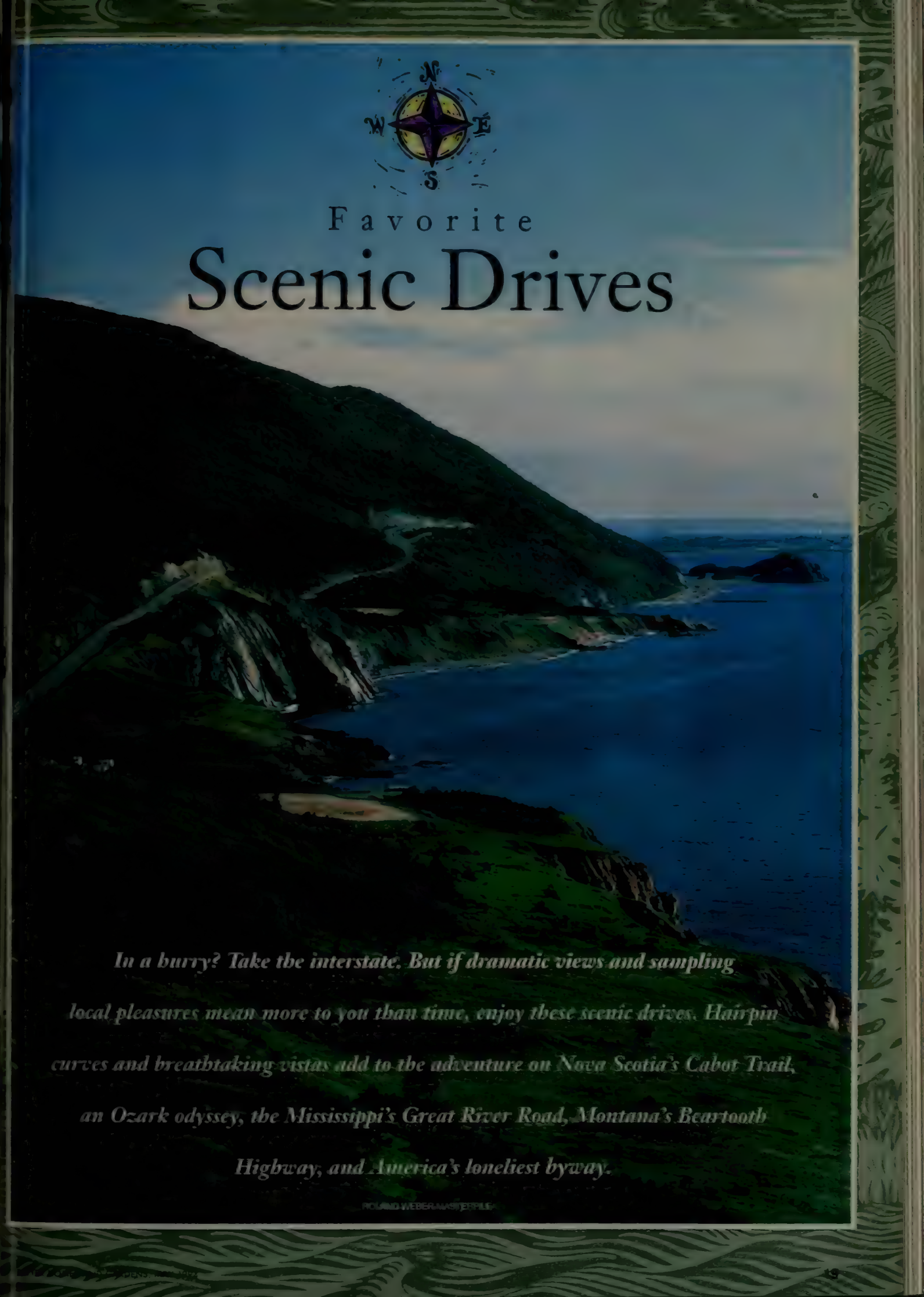
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Favorite Scenic Drives

In a hurry? Take the interstate. But if dramatic views and sampling local pleasures mean more to you than time, enjoy these scenic drives. Hairpin curves and breathtaking vistas add to the adventure on Nova Scotia's Cabot Trail, an Ozark odyssey, the Mississippi's Great River Road, Montana's Beartooth Highway, and America's loneliest byway.

ROLAND WEBER-MASTERFILE

The Cabot Trail

Nova Scotia's stunning seascape



BILL BROOKS/MASTERFILE; ALL ILLUSTRATIONS AND MAPS: THE ART FACTORY

Be sure to take a companion driver and a camera on the Cabot Trail, a 184-mile loop along the coast and highlands of Cape Breton Island in northeast Nova Scotia. You don't want to miss any of the scenery, and the driver won't want to miss any of the road.

The Atlantic Ocean and Bay of St. Lawrence have whipped this rugged land into shape since ancient times. The two-lane highway climbs sharply along switchback turns, then drops, then climbs again, winding among mountains and valleys and skirting seaside cliffs and sheltered coves and beaches. Dramatic vistas unfold around almost every turn of the road. Along the way, you'll pass tiny fishing villages, their harbors dotted by brightly-colored boats and lobster traps. Hillside churches of clapboard or stone stand vigil on the horizon—starkly beautiful sentinels of the seagoing way of life.

You may spot pilot whales just off the coast. (Whale cruises depart from several towns.) Bald eagles, moose, and other wildlife thrive in the 366-square-mile Cape Breton Highlands National Park. Hiking trails there range from short treks to challenging climbs; you can picnic and swim (a mite chilly) at beaches just off the road.

Kilts and bagpipes. The highlands of Cape Breton attracted Scottish immigrants years ago. Tartans and bagpipes are common, especially at the Gaelic College of Celtic Arts. You'll taste the Cape's Acadian heritage near Cheticamp, where the Acadian Restaurant serves ethnic dishes such as chicken fricot.

Fresh seafood dishes are delightful at restaurants all along the trail. Tear into a lobster for under $10, for example, at the simple Chowder House overlooking the fishing village of Neil's Harbour.

Practical matters. Cape Breton is a 170-mile drive from Halifax. You also can connect by Air Nova to Sydney. Plan several days to savor the scenery and culture. Reserve in advance for summer and fall foliage.

Baddeck, a sailing center on the saltwater Bras d'Or Lake, is a good first stop just off the trail. Lodgings there include Auberge Gisele's, with its gourmet cuisine and comfortable rooms (about $56–$70 American currency; ***902/295-2849***), and The Inverary Inn, a large resort complex that caters to families ($53–$121; ***902/295-2674***). Save time in Baddeck to visit the fascinating Alexander Graham Bell Museum. The venerable Keltic Lodge, a top-notch hotel with world-class cuisine, sits on a rocky peninsula near Ingonish Beach. It borders the fabulous Highland Links, a public course near Ingonish ($191–$206, includes two meals; ***800/565-0444***). The Markland offers cottages and a central lodge near Cape North, where explorer John Cabot first landed ($64–$125; ***800/565-0000***). The Normaway Inn is small and cozy, tucked away in the Margaree Valley where salmon fishing is king ($57–$87; *902/248-2987*).



Nova Scotia Dept. of Tourism, Dept. BHG, P.O. Box 456, Halifax, NS, Canada B3J 2R5; 800/341-6096.

—by Margaret Daly

What Millions Of Travelers Use Whenever They Travel.

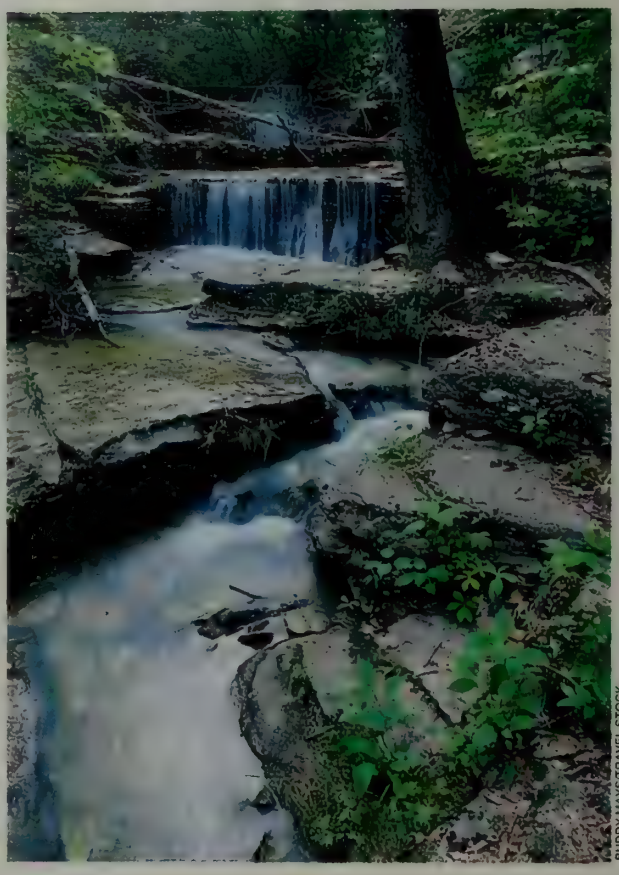


For years, travelers have looked to Dramamine® as the leader in motion-sickness prevention and treatment. No wonder: Original and Children's Dramamine have always provided unsurpassed effectiveness. And new Dramamine II™ offers the same benefits in a less-drowsy, longer-lasting formula. That's why Dramamine is what millions of travelers use.

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Ozark Odyssey

Curves and crafts in Arkansas


BUDDY MAYS/TRAVEL STOCK

Arkansas makes a mountain out of what Colorado would term a molehill, but the state doesn't need towering ranges to fill the horizon with dramatic vistas. You'll feel as if you're winding your way up into the clouds while you twist through national forests and edge between limestone bluffs on one scenic byway after another along highways 23 and 7, which connect Eureka Springs and Hot Springs. Road signs warning of upcoming curves tend to be so convoluted they look like a toddler's scribblings.

Roller-coaster roads and magnificent scenery form only part of the lure of this approximately 400-mile drive. Quilts flapping on clotheslines in front of country stores along the way invite you to mosey in and inspect the Ozarks' crafts. Be sure to spend a day or two in Eureka Springs and Hot Springs.

Find it in Eureka. Christened for the 63 springs that bubbled up in its city limits, the northwestern Arkansas community of Eureka Springs is known for shopping, the Passion Play, and twisting, hill-climbing streets. Victorian turrets and towers tempt travelers with 40-some bed-and-breakfast inns ($75–$125). Grand Central Hotel boasts 14 huge suites with whirlpools ($95–$159; *800/344-6050*). *Chamber: 501/253-8737.*

Named for Razorback football fans, the Pig Trail meanders across the Boston Mountains and through tunnels of trees between Brashears and Ozark. Near Ozark, hook up with I-40 and zip across to Russellville. After shopping at Ozark Heritage Crafts, head south on Scenic Highway 7 with a detour to Mount Nebo State Park near Dardanelle. The road to the top of one of the state's highest points (1,800 feet) curves back on itself so sharply that vehicles over 15 feet long can't negotiate it.



The undulating road between Ola and Hot Springs forces you to ease off the accelerator and savor this roller-coaster ride. As you climb nearly vertical hills, you see only road and sky. Cresting the incline, you can look, momentarily, for miles. Then, a stomach-churning lunge hurtles you toward the next curve.

Take the plunge. A national park serves as the core of Hot Springs, President Clinton's boyhood hometown. On Bathhouse Row, free guided tours of the opulent Fordyce Bathhouse let you soak up the historical perspective on bathing. The art of taking the waters hasn't changed much at the Buckstaff Bathhouse or at the Arlington Hotel (thermal bath with massage, $30.50). For a more modern experience, try the Park Hilton. *CVB: 800/SPA-CITY.*

A crafty drive. Retrace your route from Hot Springs to Russellville, then continue north to Harrison. Craft shops line the northern section of Hwy. 7, making it the place to buy quilts, handwoven baskets, and wood carvings. Bluffs towering 300 feet along the Buffalo River create a magnificent backdrop for canoeing.

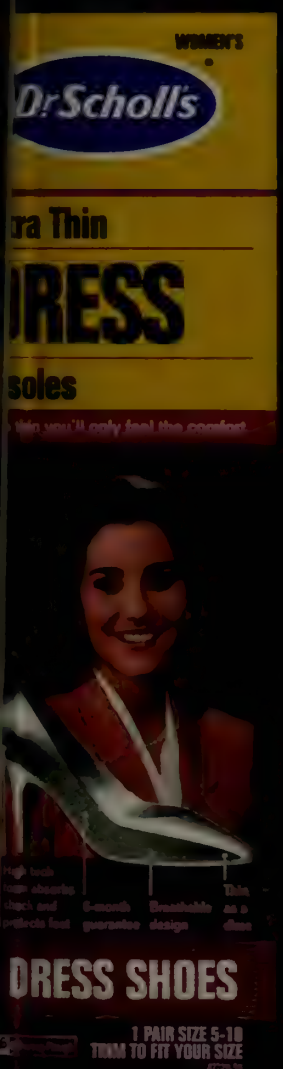
Arkansas Dept. of Parks & Tourism, 1 Capitol Mall, Suite 4A-900, Dept. BHG, Little Rock, AR 72201; 800/NATURAL.

—By Lois Anne Naylor

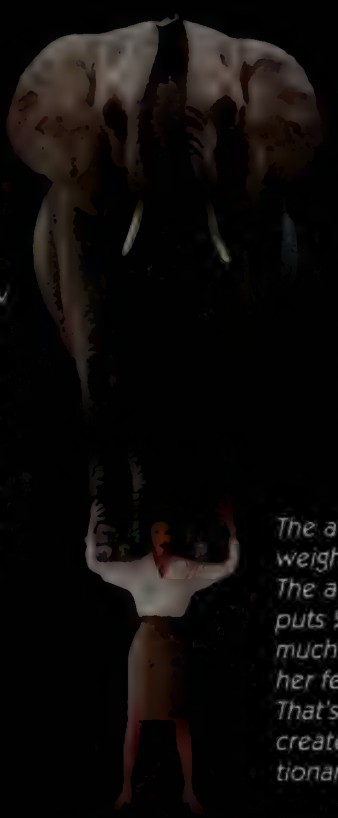
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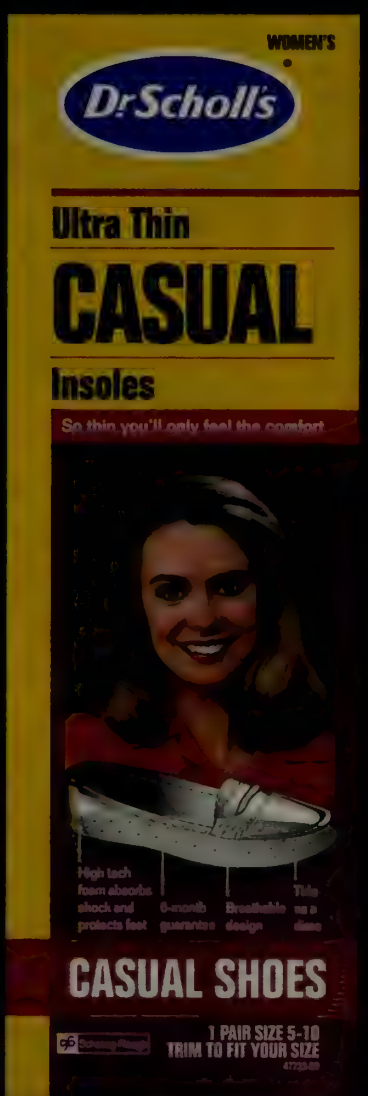


These are especially shaped with a narrow toe to fit your high heel shoes. And our ultra thin shock-absorbing foam gives you the additional support you need to make all your high heels as comfortable as they are stylish.



Ultra Thin design with rounded toe to fit your most stylish flats. And the soft topcloth keeps feet cool and comfortable even without socks.

The average elephant weighs 12,000 pounds. The average woman puts 250 times that much weight on her feet every day. That's why Dr. Scholl's created these revolutionary insoles.



Dr Scholl's®

Make life in your shoes more comfortable.

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Young Man River

The upper Mississippi



GREG RYAN/SALLY BEYER

For most people, the Mississippi evokes images of Old Man River—a lazy, broad ribbon of blue bordered by endless cotton plantations. But that's only the southern Mississippi. Up north, from Minnesota and Wisconsin down into Iowa and Illinois, it's an often romantic mountain stream with dramatic, ever-changing vistas. Soaring bluffs buttressed by wild crags rim the young river's course. The panoramic views enchant particularly in late spring and foliage season.

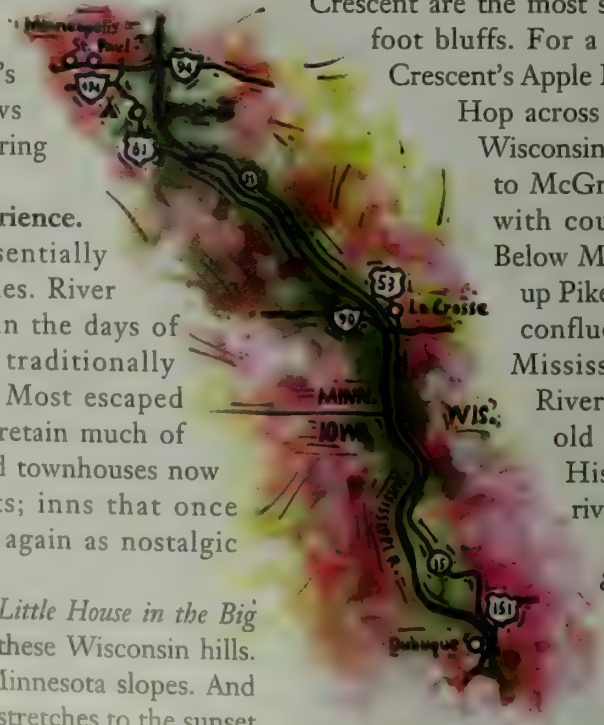
A uniquely American experience. The Mississippi is quintessentially American on its upper reaches. River towns that flourished here in the days of paddle steamers remain as traditionally Midwestern as Mark Twain. Most escaped excessive modernization and retain much of their 19th-century charm. Old townhouses now serve as bed-and-breakfasts; inns that once catered to river traders live again as nostalgic vacation retreats.

Laura Ingalls Wilder wrote *Little House in the Big Woods* about her childhood in these Wisconsin hills. Lofty apple orchards dapple Minnesota slopes. And the big sky of the Great Plains stretches to the sunset from Iowa's bluffs. The drive from Minneapolis/Saint Paul to Dubuque, Iowa, totals about 350 miles with side trips. Roads follow both sides of the river, sometimes hugging its banks, other times scaling bluffs.

Starting in the Twin Cities, connect with US-61 to Red Wing and cross to Wisconsin, following the river road, Rte. 35. For the next 30 miles, the river is so wide it is called Lake Pepin.

Past Stockholm, you'll see a marker identifying where explorer Nicholas Perrot proclaimed in 1689 that all lands to the west belong to France. Across the river in Wabasha, Minnesota, the state's oldest hotel, Anderson House, serves home-style meals. Back in Wisconsin, drive up a 500-foot bluff to Buena Vista Park, one of the river valley's finest natural balconies. At Alma, watch as barges are raised and lowered at a lock.

Return to the west bank at Winona, Minnesota, and turn south on Rte. 61. The 25 miles to La Crescent are the most scenic of the trip, with 700-foot bluffs. For a bird's-eye view, follow La Crescent's Apple Blossom Scenic Drive.



Hop across the river to see La Crosse, Wisconsin, but drive on the west bank to McGregor, Iowa, which abounds with country stores and antiques. Below McGregor, off Rte. 340, drive up Pike's Peak, which overlooks the confluence of the Wisconsin and Mississippi rivers. Iowa's Great River Road leads to picturesque old Guttenberg and Dubuque. Historic Galena is across the river in Illinois.

Minnesota Tourism: 800/657-3700. Wisconsin Tourism: 800/432-8747. Eastern Iowa Tourism Assoc.: 800/891-3482.

—by George S. Bush

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"Menopause means you're not a real woman anymore."

MYTH NO. 3

Some people actually believe things like this. But the end of childbearing doesn't mean the end of everything else. True, menopause means change. But it's change you can prepare yourself to face positively. And go right on being the kind of woman you want to be.

Estraderm®: A real solution for menopause symptoms



THE ESTRADERM PATCH: A NONMEDICATED SAMPLE IS INCLUDED IN THE FREE INFORMATION KIT.

Menopause is an entirely natural stage of womanhood, like puberty. But it can bring with it hot flashes, vaginal dryness and night sweats. They're more severe for some women than others. But they're all caused by one thing: loss of estrogen.

Estrogen therapy, like Estraderm, can replace this loss. Estraderm is not a pill, but a clear round patch that restores your body's estrogen: It delivers small steady doses into your bloodstream in much the same way your ovaries did before menopause. You can wear Estraderm on your backside, where it's hidden by your underwear or bathing suit, and where it's less likely to cause skin irritation.

Benefits vs. risks of Estraderm

Estraderm is available by prescription only and is not for every woman. It's up to you – and your doctor – to decide if benefits balance risks.

Millions of women have used Estraderm to help manage menopausal symptoms. And along with calcium and exercise, it has been proven effective for many women in preventing postmenopausal osteoporosis.

Some women – those who are pregnant, for example – should avoid estrogen therapy. You should tell your doctor if you have ever had cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting or any heart disease. Estrogen therapy has been associated with increased risk of uterine cancer.

What to ask your doctor

Q. Is estrogen therapy – and Estraderm – right for me?

Q. Can Estraderm help relieve the vaginal dryness that makes sexual intercourse uncomfortable?

Q. How long do I need to stay on Estraderm to get the most benefit? Months? Years?

Free menopause information

The time to prepare yourself for menopause is now. Free information and a nonmedicated sample of The Estraderm Patch are yours by calling 1-800-521-CIBA. Or send this coupon.

TO RECEIVE FREE INFORMATION AND A NONMEDICATED SAMPLE, MAIL TO: CIBA, P.O. BOX 907, SPRING HOUSE, PA 19477-9945

CALL 1-800-521-CIBA • EST. BH16N

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ESTRADERM® ESTRADIOL TRANSDERMAL SYSTEM AVAILABLE IN 0.05 MG AND 0.1 MG STRENGTHS.

See next page for additional important information.

Estraderm

ESTRADIOL TRANSDERMAL SYSTEM

NOW THE CHANGE OF LIFE DOESN'T HAVE TO CHANGE YOURS.

Important Information on Estraderm Continued from Previous Page

Estraderm®

estradiol transdermal system

Continuous delivery for twice-weekly application

BRIEF SUMMARY (FOR FULL PRESCRIBING INFORMATION, SEE PACKAGE INSERT).

ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA.

Three independent case control studies have reported an increased risk of endometrial cancer in postmenopausal women exposed to exogenous estrogens for more than 1 year. This risk was independent of the other known risk factors for endometrial cancer. These studies are further supported by the finding that incidence rates of endometrial cancer have increased sharply since 1969 in eight different areas of the United States with population-based cancer-reporting systems, an increase which may be related to the rapidly expanding use of estrogens during the last decade.

The three case control studies reported that the risk of endometrial cancer in estrogen users was about 4.5-13.9 times greater than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least a semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration; it therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persistent or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses.

ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.

The use of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case control study estimated a 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to sex hormones (oral contraceptives, hormone withdrawal tests for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female sex hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

INDICATIONS AND USAGE

Estraderm is indicated for the treatment of the following: moderate-to-severe vasomotor symptoms associated with menopause; female hypogonadism; female castration; primary ovarian failure; atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae; and prevention of osteoporosis (loss of bone mass).

Estrogen replacement therapy is the most effective single modality for the prevention of postmenopausal osteoporosis in women. Case-controlled studies have shown a reduction of approximately 60% in the incidence of hip and wrist fractures in women who began estrogen replacement therapy within a few years of menopause. A recent, well-controlled, double-blind, prospective trial conducted at the Mayo Clinic has demonstrated that treatment with Estraderm prevents bone loss in postmenopausal women at a dosage of 0.05 mg per day.

Treatment with Estraderm 0.05 mg showed full maintenance of bone density with a slight (0.8%), but not significant, increase. Placebo treatment resulted in a significant loss of more than 6% below baseline vertebral bone mass. Patients using either Estraderm 0.1 mg, or 0.05 mg, had significantly greater bone densities than those using placebo.

Other studies suggest that estrogen replacement therapy reduces the rate of vertebral fractures.

Peak bone mass is reached at age 30 to 35 and can best be maximized by adequate calcium intake and exercise during the adolescent and early adult years. Early menopause is one of the best predictors for the development of osteoporosis. White women are at higher risk for osteoporosis than white men, black women are at higher risk than black men, and thin women are at higher risk than obese women. Cigarette smoking may be an additional risk factor. Calcium deficiency has been implicated in the pathogenesis of this disease. Therefore, when not contraindicated, a calcium intake of 1000-1500 mg/day either by diet or supplements is recommended for postmenopausal women.

Immobilization and prolonged bedrest produce rapid bone loss, while weight-bearing exercise has been shown to both reduce bone loss and to increase bone mass. The optimal type and amount of physical activity that might lower the risk for osteoporosis have not been established.

CONTRAINDICATIONS

Patients with known hypersensitivity to any of the components of the therapeutic system should not use Estraderm.

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast ;
2. known or suspected estrogen-dependent neoplasia;
3. known or suspected pregnancy (see Boxed Warning);
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders;
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use.

WARNINGS

1 . *Induction of Malignant Neoplasms.* Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There are now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although a recent long-term follow-up study has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal mammograms.

2. *Gallbladder Disease.* A recent study has reported a two- to threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

3 . *Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives.* There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women.

a. *Thromboembolic Disease.* It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of retinal thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives. If feasible, estrogen should be discontinued at least 4 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors or who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with a history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk.

b. *Hepatic Adenoma.* Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

c. *Elevated Blood Pressure.* Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

d. *Glucose Tolerance.* A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

4. *Hypercalcemia.* Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

PRECAUTIONS

General

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as a cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.
2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., ast hma, epilepsy, migraine, and cardiac or renal dysfunction).
3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.
4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.
5. Studies of the addition of a progestin for 7 or more days of a cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.
6. Oral contraceptives appear to be associated with an increased incidence of mental depression. Although it is not clear whether t due to the estrogenic or progestogenic component of the contrac patients with a history of depression should be carefully observec
7. Preexisting uterine leiomyomata may increase in size during prolonged estrogen use. If this occurs, estrogen therapy should b discontinued while the cause is investigated.
8. In patients with a history of jaundice during pregnancy, there is increased risk that jaundice will recur with the use of estrogen-containing oral contraceptives. If jaundice develops in any patient receiving estrogen, the medication should be discontinued while cause is investigated.
9. Estrogens may be poorly metabolized in patients with impaired function and should be administered with caution in such patients
10. Because the prolonged use of estrogens influences the metab of calcium and phosphorus, estrogens should be used with cautic patients with metabolic bone diseases associated with hypercalce and in patients with renal insufficiency.

Information for Patients

See Patient Package Insert printed below.

Drug/Laboratory Test Interactions

The results of certain endocrine and liver function tests may be af by estrogen-containing oral contraceptives. The following change been observed with large doses of oral estrogen:

1. increased sulfobromophthalein retention;
2. increased prothrombin time; increased factors VII, VIII, IX, and decreased antithrombin 3; increased norepinephrine-induced p aggregability;
3. increased thyroxine-binding globulin (TBG), leading to increase circulating total thyroid hormone (T_4) as measured by column radioimmunoassay; free T_3 resin uptake is decreased, reflecting elevated TBG; free T_4 concentration is unaltered; TBG was not affected in clinical trials of Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid concentration, a decreased pregnanediol excretion.

The pathologist should be informed that the patient is receiving estrogen therapy when relevant specimens are submitted.

Carcinogenesis, Mutagenesis, Impairment of Fertility

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver.

Pregnancy Category X

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

Nursing Mothers

As a general principle, the administration of any drug to nursing mothers should be done only when clearly necessary since many drugs are excreted in human milk.

ADVERSE REACTIONS

See WARNINGS and Boxed Warning regarding potential adverse e on the fetus, induction of malignant neoplasms, increased inciden gallbladder disease, and adverse effects similar to those of oral contraceptives, including thromboembolism.

The most commonly reported adverse reaction to Estraderm in clinical trials was redness and irritation at the application site. This occurred in about 17% of the women treated and caused approxir 2% to discontinue therapy. Reports of rash have been rare. There also been rare reports of severe systemic allergic reactions.

The following additional adverse reactions have been reported v estrogenic therapy, including oral contraceptives:

Genitourinary System: Breakthrough bleeding, spotting, change menstrual flow; increase in size of uterine fibromyomata; change in cervical erosion and amount of cervical secretion.

Endocrine: Breast tenderness, breast enlargement .

Gastrointestinal: Nausea, vomiting; abdominal cramps, bloating cholestatic jaundice have been observed with oral estrogen therap

Eyes: Steepening of corneal curvature; intolerance to contact ler

Central Nervous System: Headache, migraine, dizziness.

Miscellaneous: Change in weight, edema, change in libido.

DOSAGE AND ADMINISTRATION

The adhesive side of the Estraderm system should be placed on a dry area of the skin on the trunk of the body (including the buttock abdomen). The site selected should be one that is not exposed to sunlight. *Estraderm should not be applied to the breasts.* The sites application must be rotated, with an interval of at least 1 week allov between applications to a particular site. The area selected shoulc be oily, damaged, or irritated. The waistline should be avoided, sin tight clothing may rub the system off. The system should be applie immediately after opening the pouch and removing the protective The system should be pressed firmly in place with the palm of the for about 10 seconds, making sure there is good contact, especiall around the edges. In the unlikely event that a system should fall of same system may be reapplied. If necessary, a new system may b applied. In either case, the original treatment schedule should be continued.

Initiation of Therapy

Treatment of menopausal symptoms is usually initiated with Estra 0.05 mg applied to the skin twice weekly. The dosage should be adjusted as necessary to control symptoms. The lowest dosage necessary for the control of symptoms should be used, especially women with an intact uterus. Attempts to taper or discontinue the medication should be made at 3-to 6- month intervals.

Prophylactic therapy with Estraderm to prevent postmenopausa bone loss should be initiated with the 0.05 mg/day dosage as soc possible after menopause. The dosage may be adjusted if necessa control concurrent menopausal symptoms. Discontinuation of estr replacement therapy may reestablish the natural rate of bone loss.

In women not currently taking oral estrogens, treatment with Estraderm may be initiated at once. In women who are currently ta oral estrogen, treatment with Estraderm should be initiated 1 week withdrawal of oral hormone replacement therapy, or sooner if menopausal symptoms reappear in less than 1 week.

Therapeutic Regimen

Estraderm therapy may be given continuously in patients who do n have an intact uterus. In those patients with an intact uterus, Estrac may be given on a cyclic schedule (e.g., 3 weeks on drug followed week off drug).

C92-51(Rev. 1

C I B A

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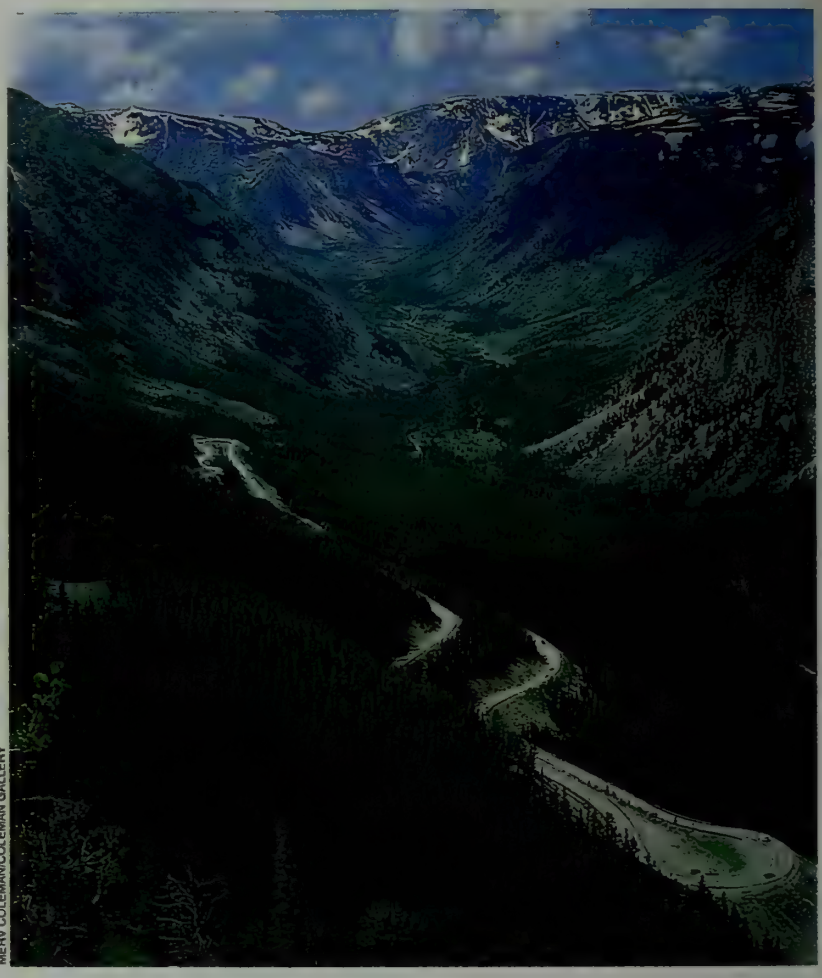
Backdoor to Yellowstone

Montana's Beartooth Highway

The most spectacular road into Yellowstone is also the least traveled—the Beartooth Highway (US-212) from Red Lodge, Montana, to the park's little known Northeast Entrance.

In sight of Montana's tallest summits, the grandiose alpine road's drastic hairpins twist ever higher on towering ramparts—a vast staircase of switchbacks that rises from forest to wind-bent scrub to tundra. Nudging 11,000 feet, it straddles the roof of the Rockies, flanked by moonscapes of tumbled boulders, tarns as blue as the sky, wildflower carpets, and snowfields agleam in the summer sun. Best of all, you can enjoy these wonders without bumper-to-bumper hassles.

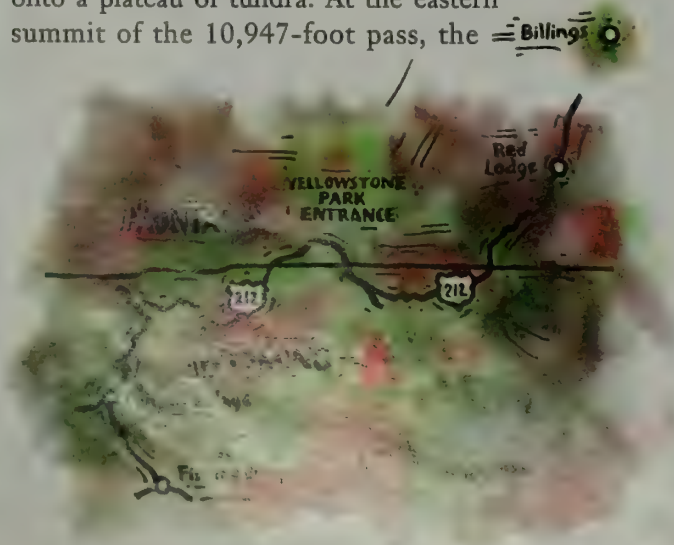
You can drive the 69-mile Beartooth in one day, with another 70 miles or so via the wildlife-famed Lamar and Hayden valleys to park accommodations.



MERV COLEMAN/COLEMAN GALLERY

One thrill after another. The highway begins its 5,445-foot climb in a giant canyon a few miles out of Red Lodge (60 miles from Billings). Turnouts allow you to look down on the tortuous zigzags you've traveled. A short foot trail 22 miles from Red Lodge brings you to a fenced promontory where you can view the immensity of the canyon and the peaks beginning to poke above the canyon walls.

A few switchbacks later, the road climbs onto a plateau of tundra. At the eastern summit of the 10,947-foot pass, the plateau breaks off sharply on the right into a snow-filled gorge so steep you can't see its bottom. Four miles farther, on the western rim, a stunning panorama previews the next leg of your trip: switchbacks snaking down lake-studded shelves to the forests that barricade Yellowstone Park. As you approach the park entrance, keep your eyes open for moose, elk, and other wildlife.



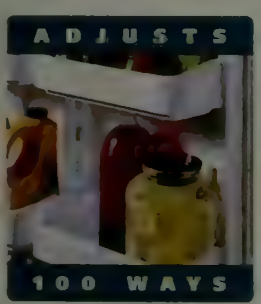
When to go. The Beartooth is strictly a seasonal road. It's normally plowed by Memorial Day, with snowbanks house high on the shoulders. The wildflower season peaks in late July. By September, snow still trapped in gullys has lost its sheen, but there are other splendors—gilt leaves of quaking aspens or a dusting of new snow on the shade side of cliffs. Come October, the dusting turns into a white deluge, and the Beartooth again sinks into hibernation.

Red Lodge Chamber, Dept. BHG, Box 988, Red Lodge, MT 59068; 406/446-1718. Travel Montana: 800/VISIT-MT.—By George S. Bush

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America's Loneliest Highway

The non-neon Nevada

Where transcontinental US-50 crosses the midriff of Nevada, it has earned the title of the Loneliest Road in America. Actually it isn't. Some roads that feed into it are lonelier still. But it's lonely enough. Dipping into the immense valleys of the Great Basin, you often see its two lanes shrinking into a pencil-thin line more than a dozen miles ahead—and there's not another car in sight.



FRANK STAUB/PROFILES WEST

For almost 400 miles between Carson City, at the foot of the Sierras, and Great Basin National Park, near the Nevada-Utah border, you drive through a domain barely touched by civilization. It's the last territory of its size that feels like the Old West. Plan on two days for this trip, three if you want to explore the park.

Following the route of the Pony Express of the 1860s, US-50 climbs over panoramic passes and descends into desolate deserts. Vistas of wild mountains and craggy buttes spread in all directions. Along the road's loneliest stretch, the 260 miles between Fallon and Ely, the ruins of Pony Express stations stand near the highway. You'll pass through Austin and Eureka, probably the most authentically preserved old mining settlements anywhere.

A cornucopia of relics. Starting from the west, stop first in Carson City, Nevada's capital. The Nevada State Museum provides a fascinating introduction to what old Nevada was all about—silver. Between Dayton and Fallon, detour to Fort Churchill State Park, where the Pony Express galloped through the beautiful cottonwood canyon of the Carson River. Isolated Fort Churchill, built in the 1860s, guards the canyon approach.



Ten miles east of Fallon, a spur road leads to the Hidden Caves with prehistoric petroglyphs. Another 20 miles east, Sand Mountain, a dune of incredible size, rises to the north. Turn off and follow signs to a Pony Express station. Although less than one mile from US-50, it was discovered only 19 years ago.

Following a stop in Austin, head for Eureka. The most picturesque of Nevada's early settlements, Eureka features a treasure trove of frontier Victoriana. Ely, with several motels and restaurants, offers the best bet to break up your trip.

East of Ely, US-50 enters its most spectacular stretch of high-mountain scenery. In uncrowded Great Basin National Park, a road hairpins to lofty panoramas. From a parking area at nearly 10,000 feet, you can hike a fairly easy 3.5-mile trail to a grove of rare bristlecone pines and a small ice field, the southernmost glacier in the U.S.

Nevada Tourism, Capitol Complex, Dept. BHG, Carson City, NV 89710; 800/638-2328.

—by George S. Bush



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by John Rosemond

Planes, Trains, Cars, and Kids



PLANNING A NO-FAIL VACATION

Here's a strange practice: Two adults, married to one another, work at difficult jobs for 50 weeks, thus earning a two-week vacation. To reward themselves for their efforts, they arrange to spend this two weeks doing things their children want to do. When the vacation is finally over, these two adults feel they need another vacation just to recover from the experience.

Call me a curmudgeon if you will, but I fail to fathom why adults feel compelled to center vacations around the desires of their children.

My wife, Willie, and I slowly learned our lesson. After several years of exhausting, child-oriented vacations, we decided to break with tradition one year by taking the children to Old Williamsburg, Virginia. They were not thrilled with the news.

But when the five days in Williamsburg were over, the children didn't want to leave. They had the best time, and asked when we were going back.

To balance things off, however, the next vacation was spent at Disney World. But we camped, which meant the children had to spend part of each day sweeping the tent and carrying trash and doing the other odd jobs that you have to do when you don't have room service. And again, they loved it.

In the course of all this, my wife and I learned that vacations don't have to be child-oriented for children to have a good time. In fact, we noticed that the less child-oriented the vacation, the more well-behaved the children. We also realized that vacations don't have to be overtly "educational" for children to learn something.

However you decide to take your vacation this summer, you can make things more pleasant for all concerned by following these few words of advice:

• If you are traveling by air with a child under two, take a child restraint seat. Board early, giving yourself time to get situated.

• To keep bickering between siblings to a minimum, give the children three strikes at the outset of the trip. If any child bickers at another, all of the children are penalized a strike. When you arrive at your destination, if the children have not used all of their strikes, they are allowed to do something special.

• The tone of an entire vacation is often set during the time spent traveling to your destination. Plan travel thoughtfully, making sure it's as stress-free as possible. When we took long car trips with our young children, we always went to bed early the night before and started out in the middle of the night, ensuring that the kids would sleep at least halfway through the trip.

• Regardless of your mode of transportation, pack a bag of puzzles, games, and books for the kids. If you travel by car, go to the library and check out several good books on tape that everyone will enjoy.

• Use a travel agent to book you into a hotel or resort with separate educational and recreational programs for children as well as child-sitting services in the evening. In other words, instead of being 24-hour parents during your vacation, plan on spending ample time together as husband and wife. That's what vacations are for, anyway.

Family psychologist John Rosemond's latest book is Making the "Terrible" Twos Terrific! *(Andrews and McMeel).*

NOW MIGHT BE A GOOD TIME TO BRING UP A DELICATE SUBJECT. DRINKING.



The subject may come up in a moment of shared intimacy, during quiet time before bed, when she's talking about her day at school or perhaps while you're discussing a family outing or event. She may ask. Or you may bring it up.

It might seem that nine or ten is very young to talk with a child about a subject as grown-up as drinking. But experts say that this is a time when she's probably forming her ideas about many adult things, alcohol among them. It's also a time when she may be most open to your loving guidance.

But what do you say? Many of us at Anheuser-Busch are parents, so we know just how hard it can be. And we know that too often, not knowing what to say can lead to saying nothing at all.

That's why we've created "Family Talk About Drinking." "Family Talk" features two informative guides written by prominent authorities on child development, family counseling and alcohol treatment.

The guides discuss a number of subjects, among them how to talk with younger children, recognizing teenage drinking problems and addressing the issue of drinking and driving. Call 1-800-359-TALK for a free copy.

Because you want to take care of her for as long as you can. And one of the best ways to do that is to share the knowledge that will help her take care of herself.

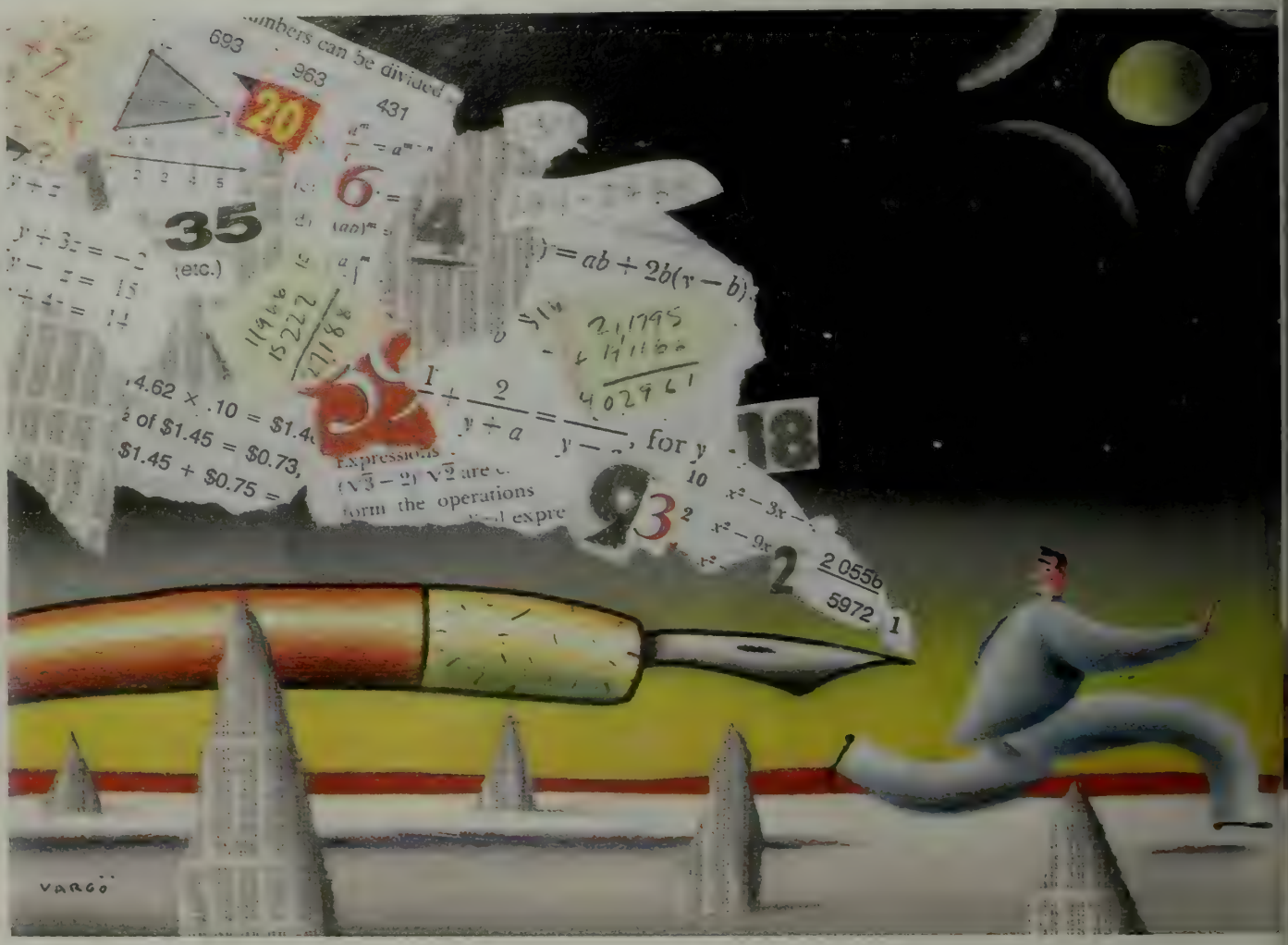
LET'S STOP UNDERAGE DRINKING BEFORE IT STARTS.

Anheuser-Busch, Inc.

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 by Debra Solberg Gibson

Learning What Counts



OVERCOMING MATH ANXIETY

A college student becomes physically ill outside her math tutor's door before each help session. A successful attorney has to carry a "cheat" card to help him calculate a 15-percent tip. Years after graduating from high school, a woman still dreams she's being chased by numbers.

Sound familiar? If so, you may be suffering from math anxiety. Maybe you refuse to balance the checkbook. Or you break out in a sweat when your son needs help with his algebra assignment. Perhaps you've justified your math phobia with, "It's not my fault. Nobody in my family is any good at math. Why do we need it anyway?" The truth is, we all DO need math skills to function in today's world. Whether you suffer from the math sweats, or you see your child developing a phobia, it's important to get over your fears. Our suggestions can help.

Cynthia Arem, an educational psychologist and math counselor at Pima Community College in Tucson, teaches a one-credit course, "Approaching Math Positively," that helps students change the attitudes and actions that prevent them from being successful math students.

"One woman told me that when she was in fifth grade, she asked her teacher a lot of questions about math because she didn't understand," Arem says. "Her teacher finally sent her into the hallway during math periods, telling her she'd never learn it anyway. I've also had students who equate the subject with physical abuse—they remember being hit by a parent for not understanding math problems."

Political scientist Sheila Tobias is often credited with bringing math anxiety into the national spotlight in the late 1970s. Her article in *Ms.* magazine, "Why Is A Smart Girl Like You Counting On Your Fingers?" pointed out how avoidance and anxiety show up more frequently in girls than boys, particularly during the high school years. Tobias, whose book, *Overcoming Math Anxiety*, has just been reissued in an expanded version, blames this on social conditioning. She says girls historically have been made to feel "unfeminine" by peers—and

continued on page 40


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Math Anxiety

continued from page 38

by parents—when they have shown an interest in pursuing math. And often, Tobias adds, girls have been taught by female teachers who lack confidence in their own math skills.

The good news? According to both Arem and Tobias, you don't have to spend the rest of your life avoiding math. Whether you enroll in classes or tackle numbers on your own, Arem, suggests in her self-help workbook, *Conquering Math Anxiety*, that you try these steps to help alleviate your worries:

• First, keep calm. It's not unusual to hyperventilate during situations when you feel anxious or intimidated. You can compose yourself by taking slow, deep breaths before you begin working math problems.

• Stop the negative self-talk. Forget all the myths about needing a "math mind" to excel. Hang posters over your desk that remind and inspire you: "I have good math abilities."

• Visualize yourself succeeding with math problems. Imagine yourself estimating how much new carpet you'll need for your living room.

• If you're taking a math class and you're concerned about it, understand your learning style. Do you need to write everything down? Are you a better learner when every detail is explained to you? Is it important that you be able to touch or move an object to understand? Not everyone learns in the same way, so it helps to know what to focus on and ask for. For example, Arem once counseled a nurse who struggled with written math problems in class, but who could easily translate her knowledge when measuring medic tions on the job.



• Review your material immediately after class, a then again within 24 hours. Without review, much of t information we learn is lost within that 24-hour period.

• If your math assignments seem too difficult, bre them up into smaller parts. Reward yourself as y achieve each goal.

Helping Your Kids. Seeing you deal with math in positive way will have a great influence on how yo children view the subject, Arem says. Rather than t your child, "I can't do that. Let your dad help you instead say, "Maybe we could learn this together. could be fun."

Today's public schools are focusing on making ma meaningful and fun. Responding to statistics that show American students lagging in math performance, organ zations such as the National Council of Teachers Mathematics (NCTM) have developed new standard Says Mary Lindquist, NCTM president, "When v make sense in math, we understand it. And what v understand, we don't fear."

And maybe even enjoy. That's the credo in Maz Jenkins' math classes at Lincoln Elementary in Madiso Wisconsin, where a student's recent quest to understa "how much is one million?" led to a group of fift graders stacking empty milk cartons to t ceiling. The Wisconsin Badgers' recent tr to football's Rose Bowl led to a week Jenkins' students calculating everythi from numbers of tickets available to h many different play combinations cou have contributed to the Badgers' previo 1960 tournament score.

To help capitalize on your kids' enthus asm at home, see *below*.

MAKE YOUR CHILD A MATH WHIZ—IT'S EASY!

Anne Reynolds, assistant professor of mathematics education at the University of Oklahoma, and other experts suggest the following tips for incorporating math into day-to-day life.

FOR PRESCHOOLERS:

• Take advantage of car trips. Talk about how long it will take to get to your destination. Challenge them to identify shapes—triangles, circles, squares—that they see outside their windows.

• Draw simple maps that show your kids how they get from one spot (such as your house) to another (the grocery store).

• Incorporate math into bath time. Fill the tub with containers of all sizes and shapes. Ask your child questions, such as "How many blue cups of water does it take to fill the red cup?"

• Explain time in concepts your children understand. One week might mean "seven sleeps"; three hours could be described as "after lunch and a nap."

FOR AGES 5 TO 8:

• Encourage card games like Concentration, which uses lines of cards placed facedown, to develop memory skills and recognition of patterns.

• Let your child bundle items in groups of 10s. Toothpicks, ice-cream sticks, or colored building sticks can easily be counted and wrapped with rubber bands.

• Practice estimating with your child. "Who is taller, Mommy or Daddy?" "Which is wider, the door or the table?"

FOR AGES 9 TO 12:

• Include your children in the family shopping. Ask questions like "Is this 12-ounce can of tomato soup a better buy than this 10-ounce can?" and "How much will I save on this sweater if it's discounted 20 percent?"

• Suggest that your child make a scale drawing of a room in your house. Then talk about different furniture arrangement and how they might fit.

• Ask your child to develop a bar graph showing your monthly electric bills. That information can be used in discussions o ways to conserve energy.

FOR TEENAGERS:

• Involve them in major purchases. If you're buying a new car, ask them to research consumer information. Take the with you to the bank; teach them about interest rates.

• Assist them in establishing their own bank accounts. Teach them basic budget ing skills.

• Suggest they keep records of miles dri ven and gasoline used in the family vehicles. Ask them to determine which drivers use the most gas, for example.

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by Nick Gallo

The New Addictions

SHOPAHOLICS, TV JUNKIES, ESPRESSO-MANIACS: HAS AMERICA OVERDOSED ON ADDICTIONS?



Shannon, 27, liked to shop. Stylish and well-off, the Houston businesswoman always enjoyed expensive food, jewelry, and clothes. However, she experienced bouts of depression, and when her longtime boyfriend left her, she started to spend like there was no tomorrow.

The day the relationship ended, Shannon waltzed into a store and charged $600 for a blouse and a few other items, she told her psychiatrist, David Krueger, M.D.

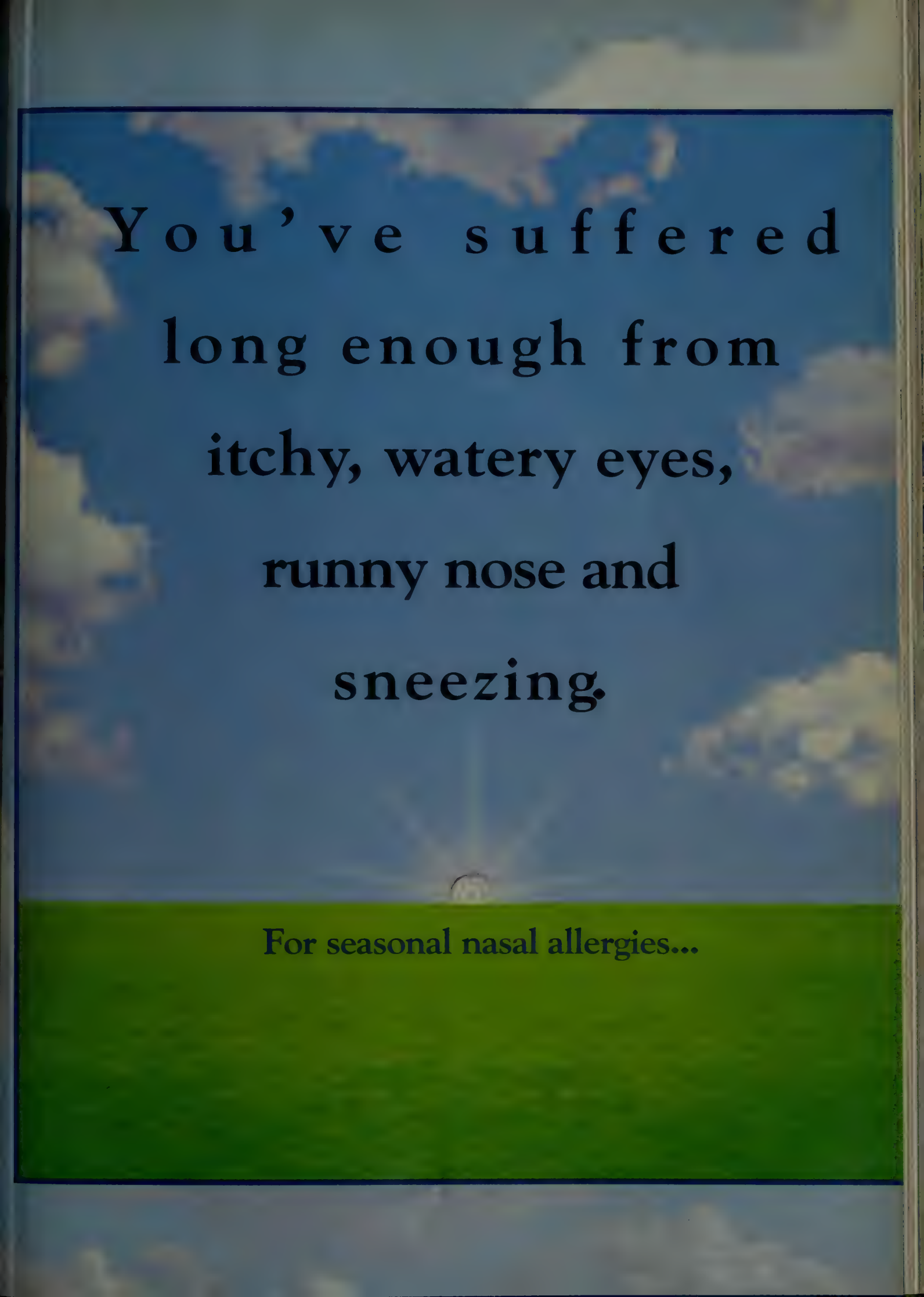
Soon after, she began a pattern of overspending that would sink her thousands of dollars into debt. Rather than go home to face loneliness and depression, she shopped. Plunging deeper into financial disaster, Shannon tapped friends and family for funds to bail her out. Neither fear nor guilt stopped her: Shopping, she said, made her feel "powerful and confident." Only after therapy was she able to regain control and begin putting her life back together.

An addiction explosion. Shannon suffered from one of America's "new addictions." Gambling, shopping, sex, love, religion, work, TV, computers, video game playing—the list of potentially addicting behaviors goes on and on. One indication of the size of the problem: More than 200 recovery groups have sprung up nationwide, most modeled on Alcoholics Anonymous.

While it's easy to poke fun at shopaholics and scoff that America is addicted to addictions, sufferers aren't laughing. People with these disorders report ruinous consequences including destroyed marriages, wrecked careers, and disastrous personal losses.

Sex, shopping, and TV. For most people, sex is part of a healthy, loving relationship, but 3 to 6 percent of

continued on page 50


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Clear relief for 24 hours. One dose per day provides effective relief from seasonal nasal allergy symptoms.

Clear relief with low occurrence of side effects. Side effects occurred about as often as they did with placebo (sugar pills). Most common were headache, occurring with 12% of people; drowsiness, 8%; fatigue, 4%; and dry mouth, 3%.

Available by prescription only. Call 1-800-CLARITIN for a $5.00 coupon and important free information about seasonal nasal allergy relief.

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Once-a-day

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10 mg TABLETS (loratadine)

Clear Relief

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CLARITIN® brand of loratadine
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BRIEF SUMMARY (For full Prescribing Information, see package insert.)

INDICATIONS AND USAGE CLARITIN Tablets are indicated for the relief of nasal and non-nasal symptoms of seasona

CONTRAINDICATIONS CLARITIN Tablets are contraindicated in patients who are hypersensitive to this medication or to

PRECAUTIONS General: Patients with liver impairment should be given a lower initial dose (10 mg every other d reduced clearance of CLARITIN Tablets.

Drug Interactions: The coadministration of a single 20 mg dose of CLARITIN Tablets (double the recommended da dose of ketoconazole twice daily to 12 subjects resulted in increased plasma concentrations of loratadine (180% i active metabolite, descarboethoxyloratadine (56% increase in AUC). However, no related changes were noted in the C 6, and 24 hours after the coadministration of loratadine and ketoconazole. Also, there were no significant differen events between CLARITIN Tablet groups with or without ketoconazole.

Other drugs known to inhibit hepatic metabolism should be coadministered with caution until definitive inte completed. The number of subjects who concomitantly received macrolide antibiotics, cimetidine, ranitidine or CLARITIN Tablets in controlled clinical trials is too small to rule out possible drug-drug interactions. There does not a in adverse events in subjects who received oral contraceptives and CLARITIN Tablets compared to placebo.

Carcinogenesis, Mutagenesis, and Impairment of Fertility: In an 18-month oncogenicity study in mice and a 2-ye dine was administered in the diet at doses up to 40 mg/kg (mice) and 25 mg/kg (rats). In the carcinogenicity st assessments were carried out to determine animal exposure to the drug. AUC data demonstrated that the exposure of loratadine was 3.6 (loratadine) and 18 (active metabolite) times higher than a human given 10 mg/day. Exposure of loratadine was 28 (loratadine) and 67 (active metabolite) times higher than a human given 10 mg/day. Male mice significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) than concurrent con cantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) was observed in males give and females given 25 mg/kg. The clinical significance of these findings during long-term use of CLARITIN Tablets is n

In mutagenicity studies, there was no evidence of mutagenic potential in reverse (AMES) or forward point m assays, or in the assay for DNA damage (Rat Primary Hepatocyte Unscheduled DNA Assay) or in two assays for ch (Human Peripheral Blood Lymphocyte Clastogenesis Assay and the Mouse Bone Marrow Erythrocyte Micronucleus Lymphoma Assay, a positive finding occurred in the nonactivated but not the activated phase of the study.

Loratadine administration produced hepatic microsomal enzyme induction in the mouse at 40 mg/kg and rat lower doses.

Decreased fertility in male rats, shown by lower female conception rates, occurred at approximately 64 mg/kg cessation of dosing. Loratadine had no effect on male or female fertility or reproduction in the rat at doses of approx

Pregnancy Category B There was no evidence of animal teratogenicity in studies performed in rats and rabbits Ther quate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictiv CLARITIN Tablets should be used during pregnancy only if clearly needed.

Nursing Mothers: Loratadine and its metabolite, descarboethoxyloratadine, pass easily into breast milk and achieve equivalent to plasma levels with an AUC_{milk}/AUC_{plasma} ratio of 1.17 and 0.85 for the parent and active metabolite r single oral dose of 40 mg, a small amount of loratadine and metabolite was excreted into the breast milk (approx over 48 hours). A decision should be made whether to discontinue nursing or to discontinue the drug, taking into ac the drug to the mother. Caution should be exercised when CLARITIN Tablets are administered to a nursing woman.

Pediatric Use: Safety and effectiveness in children below the age of 12 years have not been established.

ADVERSE REACTIONS Approximately 90,000 patients received CLARITIN Tablets 10 mg once daily in controlled a Placebo-controlled clinical trials at the recommended dose of 10 mg once a day varied from 2 weeks' to 6 months' d mature withdrawal from these trials was approximately 2% in both the treated and placebo groups.

REPORTED ADVERSE EVENTS WITH AN INCIDENCE OF MORE THAN 2% IN PLACEBO-CONTROLLED ALLERGIC RHI

PERCENT OF PATIENTS REPORTING

	LORATADINE 10 mg QD n = 1926	PLACEBO n = 2545	CLEMASTINE 1 mg BID n = 536
Headache	12	11	8
Somnolence	8	6	22
Fatigue	4	3	10
Dry Mouth	3	2	4

Adverse event rates did not appear to differ significantly based on age, sex, or race, although the number of non- tively small.

In addition to those adverse events reported above, the following adverse events have been reported in 2% or fe

Autonomic Nervous System Altered salivation, increased sweating, altered lacrimation, hypoesthesia, impotence, th

Body As A Whole Conjunctivitis, blurred vision, earache, eye pain, tinnitus, asthenia, weight gain, back pain, leg pain, rigors, fever, aggravated allergy, upper respiratory infection, angioneurotic edema.

Cardiovascular System Hypotension, hypertension, palpitations, syncope, tachycardia.

Central and Peripheral Nervous System Hyperkinesia, blepharospasm, paresthesia, dizziness, migraine tremor ver

Gastrointestinal System Abdominal distress, nausea, vomiting, flatulence, gastritis, constipation, diarrhea, altered anorexia, dyspepsia, stomatitis, toothache.

Musculoskeletal System Arthralgia, myalgia.

Psychiatric Anxiety, depression, agitation, insomnia, paronina, amnesia, impaired concentration, confusion, decrea

Reproductive System Breast pain, menorrhagia, dysmenorrhea, vaginitis

Respiratory System Nasal dryness, epistaxis, pharyngitis, dyspnea, nasal congestion, coughing, rhinitis, hemopt bronchospasm, bronchitis, laryngitis.

Skin and Appendages Dermatitis, dry hair, dry skin, urticaria, rash, pruritus, photosensitivity reaction, purpura.

Urinary System Urinary discoloration, altered micturition.

In addition, the following spontaneous adverse events have been reported rarely during the marketing of lorat abnormal hepatic function, including jaundice, hepatitis, and hepatic necrosis; alopecia; seizures; breast enlargeme and anaphylaxis.

OVERDOSAGE Somnolence, tachycardia, and headache have been reported with overdoses greater than 10 mg event of overdosage, general symptomatic and supportive measures should be instituted promptly and maintained

Treatment of overdosage would reasonably consist of emesis (ipecac syrup), except in patients with impaired by the administration of activated charcoal to absorb any remaining drug. If vomiting is unsuccessful or contra- should be performed with normal saline. Saline cathartics may also be of value for rapid dilution of bowel contents nated by hemodialysis. It is not known if loratadine is eliminated by peritoneal dialysis.

Oral LD_{50} values for loratadine were greater than 5000 mg/kg in rats and mice. Doses as high as 10 times t doses showed no effects in rats, mice, and monkeys.

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New Addictions

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Americans have sexual addictions, according to researcher Patrick Carnes, Ph.D., clinical director of the Del Amo Hospital Sexual Dependency Program in Torrance, California. Dr. Carnes opened the first inpatient sex addiction clinic in 1985.

Compulsive sex may involve chronic promiscuity, compulsive masturbation, an obsession with pornography, or a range of other self-destructive sexual practices, according to Dr. Carnes. Such activities fall into the realm of dependency when chronic behavior interferes with daily living and results in significant stress.

Sex addicts use sex to alter their mood, says Helen Friedman, Ph.D., a clinical psychologist in private practice in St. Louis, Missouri. Most suffered some form of abuse or neglect as children. Many also drink or do drugs to excess. "Sex numbs their pain," she says. "This isn't joyful sex, these are experiences that involve shame and isolation and secrecy."

Compulsive shoppers also use their activity as a bandage for serious emotional hurts, says Houston psychiatrist Dr. Krueger, who is the author of *Emotional Business and Psychoanalysis* (Pfeiffer and Co. International Publishers). His patients frequently suffer from depression, low self-esteem, or distorted body image. "Shopping fills their emptiness," he says.



COMPULSIVE SHOPPERS USE THEIR ACTIVITY TO EASE SERIOUS PAIN.

Characterized by irresistible urges to buy things, compulsive shopping provides arousal and excitement. While shoppers often acquire pricey, high-status items, they're really getting "high" on the act of buying, which gives them a sense of power and self-worth, he says.

"For some people, once they get home and take the price tag off, the magic is gone," observes Dr. Krueger.

Commonly, women have problems with clothes and jewelry. Men may turn to investments, electronic gadgets, or expensive tools, he says. People typically feel remorse after shopping sprees, but continue to escalate their purchases until their credit is revoked or a family member refuses to rescue them anymore.

Television, too, can be addictive. One study reports that 2 to 12 percent of viewers see themselves as addicted. Self-described TV junkies weren't hooked on one favorite sitcom but dependent on the TV medium itself to lift their mood, counter distress, or chase away boredom. These folks watched 56 hours of TV per week—twice as much as the average viewer.

TV addicts displayed hallmark symptoms of addiction: loss of control and less enjoyment the more they watched. Angry at themselves for watching so much television, they nevertheless felt miserable when they were kept from watching it. TV acted as their sedative.

Skepticism and concern. So far, most medical authorities label these problems compulsive behaviors not true addictions. "I don't think sex, shopping, and similar kinds of problems are in the same league as chemical dependency," says Harry Croft, M.D., a psychiatrist and addiction specialist in San Antonio, Texas.

Some experts worry that labeling these problems as addictions or ailments may lead people to see themselves as "victims" and duck responsibility for misdeeds by saying: "Blame my disease, not me."

Others worry that "medicalizing" these behaviors gives the wrong impression that they are irreversible, lifetime ailments. "If these things are seen as problems in living, it's more hopeful," says George A. Parks, Ph.D., a research scientist at the University of Washington Addictive Behaviors Research Center.

To those treating these patients, the debate is moot. "These are 'process addictions," says Howard Shaffer, Ph.D. at Harvard Medical School. People get hooked on an experience rather than a drug, he explains, but experience typical addiction signs: tolerance (the need to increase doses to achieve a high) and withdrawal symptoms.

Are you addicted? Many of our activities become routine, but that doesn't make them addictions. Dr. Shaffer warns to watch for the Three Cs:

•Cravings or compulsive urges. Addicts organize their lives around their compulsive activity.

•Control problems. It's not how often or how long someone engages in the activity, it's the inability to stop or curtail it that signals trouble. Ask yourself, "Do I control it or does it control me?" suggests Toni Farrenkopf, Ph.D., a clinical psychologist in Portland, Oregon.

•Continued performance despite persistent problems caused by the activity. "When someone is willing to repeatedly suffer significant harm to maintain the behavior, then it's addictive," says Robert Formant, Ph.D., at Villanova University.

Problem behaviors start out voluntary but become automatic. At first, experiences are positive, but as frequency and intensity increase, the short-term payoff fades and damaging consequences occur. The process may grow gradually without one realizing it, he says.

Like alcohol and drug abusers, people with addictive behaviors often deny problems. They lie about the

continued on page 5

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New Addictions

continued from page 50

behavior, make excuses ("I only do it when I'm really stressed") or rationalizations ("It's better to be hooked on shopping than on drugs"), and blame others for resulting problems, Dr. Forman says.

Many studies conclude there is no such thing as an addictive personality. "I've seen compulsive gamblers of all kinds," says Sheila Blume, M.D., medical director of addiction treatment programs at South Oaks Hospital, Amityville, New York. "Some were so timid they were afraid to tie their shoes, and some could sell refrigerators in Antarctica."

Getting help. Many addicts quit or bring habits under control on their own. But when behaviors become entrenched, treatment may offer the best hope.

Various treatment options exist. However, insurance companies may not cover them unless an underlying problem, such as depression or anxiety disorder, is diagnosed. Get preauthorization with an insurance provider before starting treatment. Among your options:

•Inpatient programs. Inpatient hospital or clinic stays include comprehensive medical care, education, and a range of counseling methods. Usually reserved for serious cases that don't respond to outpatient care, these programs are geared for people whose behavior places themselves or others in danger or who have substance-abuse problems. Studies of sex and gambling addicts show that large numbers also have alcohol or drug dependency.

Currently, inpatient programs are available throughout the country for gambling and sex addiction, but not for other behavioral addictions. Inpatient alcohol and drug-treatment programs have a mixed record of long-term effectiveness, cautions Dr. Shaffer. Because stays can cost $10,000 or more, use this option as a last resort.

•Outpatient care and psychotherapy. Individual counseling sessions help resolve underlying conflicts and stresses that fuel problem behaviors. While abstinence is a goal, therapists help people cope with low self-esteem, past emotional pains, poor impulse control, and other root causes of problems, says Dr. Croft.

Drug therapy for depression or anxiety disorders that accompany addictions also may be useful. Psychiatrists and other physicians must prescribe these medications, but counselors can recommend treatment.

Family therapy helps in many cases. In group sessions, family members learn to break unhappy patterns and explore new ways to live together.

•Recovery groups. Self-help groups provide mutual support and reduce feelings of isolation. The majority are 12-step fellowships, modeled after AA for addicts and Al-Anon for their families. These groups have specially trained staff, including recovering addicts who offer round-the-clock peer support.

Members of 12-step groups admit they are powerless over their addictions and trust in a "higher power." Generally, they focus on recovery "one day at a time" and place less emphasis on causes of problems. Some groups follow the lead of AA and are committed to total abstinence while others strive for controlled behavior.

A lifesaver for untold numbers of addicts, 12-step groups nevertheless may not be the best option for people who are intimidated by groups or uncomfortable with the spiritual side of the programs.

•Behavior therapy. Therapists who use behavior management see these problems as learned habits that can be unlearned. Commonly used in stop-smoking and overeating classes, behavior management teaches new strategies to handle daily pressures in order to build a lifestyle free from addiction. Life skills include managing cravings, recognizing cues and avoiding situations that trigger the behavior.

DON'T WAIT UNTIL YOU HIT BOTTOM TO GET HELP FOR A PROBLEM.



Whatever therapy is chosen, don't wait for a problem to get out of hand, says G. Alan Marlatt, Ph.D., director of the University of Washington Addictive Behaviors Research Center. "Some people think you have to hit bottom before you can change," he says. "That's absurd. It's better to make changes now before your behavior leads to serious trouble."

Sometimes, though, the first step must be taken by a spouse or family member. At groups such as Al-Anon, families can become educated about a problem behavior and learn strategies for intervention.

Don't give up. Seventy to 80 percent of people relapse within three months of quitting alcohol, drugs, and cigarettes, notes Dr. Marlatt, a national authority on relapse prevention.

However, he points out that millions of people have quit habits successfully, if not initially, then on the second or third or fourth try. The ones who succeed learn something from each lapse, he says. They figure out new ways to handle their moods and avoid triggers, and they adopt healthier ways to manage stress such as exercise and other relaxation methods.

Making long-term changes is a slow journey, agrees Dr. Marlatt. Whether problems are considered disease or character faults is less important than the fact that the journey can be successful.

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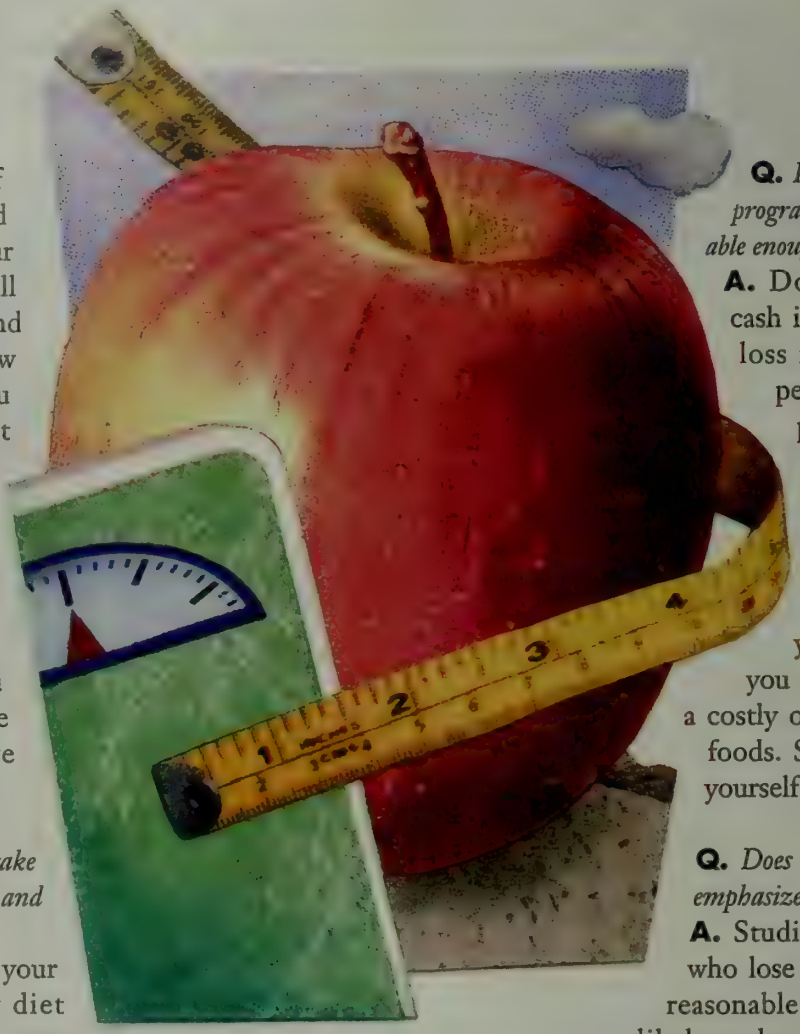
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Sizing Up a Weight-Loss Plan

by Kristi Fuller, R.D.



There are oodles of weight-loss programs and fad diets promising to trim your tummy. But beware! Not all plans are nutritionally sound or good for you. Besides, how well one works for you depends on more than just the diet itself. Before you embark on your quest to thin those thighs, ask yourself these questions about the supervised program or self-managed plan you're considering. If you can answer yes to all of these questions, you may have found your perfect match.

Q. *Does the program or plan take into consideration your needs and food likes?*

A. Choose a plan that fits your lifestyle. Obviously, any diet should take into account your food preferences or allergies. But, it should also take into consideration how often you like to eat (whether it is several mini meals throughout the day or three square meals) and where you typically eat your meal (at home or away from home). Map out your own goals. Get involved in the planning process. It will give you a sense of self-control and motivation.

Q. *Are you allowed to eat the same foods as your family?*

A. Often, a reason stringent diets don't work is that you feel deprived. Can you decide which recipes you'll be making each day? Are any snacks included to keep you satisfied? Can you choose the snacks you'll eat? Are you allowed enough food to keep from feeling overly hungry? Watching your family gobble up pizza or burgers while you nibble on unfamiliar foods or tiny servings of foods can't last long.

CHOOSE A BALANCED PLAN THAT WON'T MAKE YOU FEEL DEPRIVED.

Q. *Is the weight-loss plan or program you've chosen affordable enough for your budget?*

A. Doling out a stash of cash is certainly a weight-loss motivator for some people. Yet, supervised programs can cost hundreds of dollars. Is this monetary incentive important to you? If you think you can manage your own program, you may not need to join a costly one or buy expensive foods. Save the cash to buy yourself new "thin clothes."

Q. *Does the weight-loss strategy emphasize a gradual loss?*

A. Studies show that people who lose weight slowly over a reasonable amount of time are more likely to keep the weight off. A weight-loss diet that is at least 1,200 calories a day works best for most people because with less than 1,200 calories, it's harder to meet nutritional needs. Very low calorie diets (less than 1,000 calories a day) followed for a long period of time can be harmful and should be attempted only under the care of a doctor.

Q. *Are you allowed a variety of foods from all food groups, with no exclusion of any one food or foods?*

A. Variety is the spice of life, especially in weight loss. Foods from all food groups, including small amounts of fats and sugars, should be allowed in moderation. When you cut back on your normal calorie intake, it's often difficult to meet your nutritional needs. By eating a variety of foods, you're more likely to get those necessary nutrients. Don't take the

continued on page 56



Why did your mom always tell you to drink orange juice?

The reasons just keep piling up.

It's quite a reading list. Over 500 studies—including well over 100 on vitamin C alone—all point to one general conclusion: The vitamins and nutrients in orange juice can play an important role in maintaining good health.

In fact, leading researchers have found diets rich in fruits and vegetables, which are generally low in fat and high in vitamin C, vitamin A, and dietary fiber, are associated with a reduced risk of several types of cancer.

And an 8-oz glass of orange juice more than satisfies the government's recommended daily allowance of vitamin C.

Other studies indicate the potassium and folate in orange juice have important health benefits as well. Potassium is needed for normal muscle function. And folate helps produce new red blood cells, and may reduce the risk of some birth defects. So it's very important for pregnant women.

And orange juice is sodium-free, fat-free, and cholesterol-free.

There's so much good news, it's hard to keep up with it all. Of course, you could just keep up a healthful diet, including lots of orange juice, and see the positive results for yourself.



Florida Orange Juice.
To Your Health.

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Good Food/Good Health

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advice that certain food groups should be avoided. Eliminating food groups from your diet, such as meat, dairy, grains and cereals, or fruits and vegetables, can be harmful to your health.

Q. *Are the recommended foods easily found at any regular grocery store?*
A. It may be simpler for you to buy foods at the supermarket where you always shop. Trekking across town to pick up special foods gets old. Plus, having to purchase special foods, especially if the selection is limited, can be monotonous and boring, not to mention costly. The temptation of grabbing high-fat foods from the local fast-food drive-through window might win out.

Q. *Are you allowed some of your favorite foods in moderation to keep you motivated?*
A. Looking forward to eating something you really enjoy, such as a slice of pie, is one of life's small pleasures. When you want a treat, have it and enjoy every bite. Then, forget it. Just don't have seconds! Oftentimes, when you fight your urge to eat something you really want, your strategy backfires. You may end up eating twice as much of another food plus what you wanted all along.

Q. *Is there someone you can talk to about your goals?*
A. While you're trying to lose weight, opening up to somebody about your feelings may be the added boost you need. Professional counseling can help you learn how to control your actions and why you turn to food as a stress release or for comfort. If you're self-motivated and already know your weaknesses, counseling may not be important. Just talking to your spouse or a close friend may give you added willpower.

Q. *Is the importance of including moderate exercise for weight loss and weight control emphasized?*
A. Dieting alone does not work as well as when it's combined with exercise. Exercise is important because it:

- Increases your resting metabolism (the energy your body uses when you're resting quietly)
- Increases your lean muscle tissue, which in turn increases your metabolism (or your calorie needs)
- Burns excess calories
- Squelches your appetite

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You needn't run marathons or join an expensive health club. Any increase in your normal daily activity, such as climbing the stairs instead of taking the elevator, parking your car a block or two from work, or taking an evening stroll every night, is beneficial. Slowly work your way up to include at least 20 minutes of exercise a day, three or more times a week.

Q. *After you've reached your goal weight, is a maintenance program offered or outlined to help you keep the weight off?*
A. Keeping the weight off is the hardest part. Seeking help or determining a strategy in maintaining your new weight is as important as losing the weight. Counselors trained in this area can help you. Lifelong, healthy eating habits are the goals for which you should strive.

THE TRUTH ABOUT CRASH DIETING

Many fad diets or quick weight-loss diets restrict calories severely (under 1,000 calories). Following a diet that restricts calories and foods you enjoy decreases the chances of sticking with it and increases the risk of failure. Here's why:

- Studies show that the body's metabolic rate tends to slow down during drastic dieting. In fact, it appears that the more restrictive the diet, the bigger the drop in metabolism. The body is reacting to the drastic changes by becoming thriftier in using up calories—a distressing consequence for the diligent dieter. That's why you don't lose as much weight as you expect.
- When you lose and gain repeatedly (known as yo-yo dieting), you may actually increase your total amount of body fat with each cycle. Yo-yo dieting can take a toll on the body and has been shown to cause heart disease and early death.
- Quick weight loss often turns into quick weight gain. Sadly, within six months, many swift weight whittlers have gained back the weight plus a little extra. When weight is lost too fast, most of the loss is just water. Unfortunately, you'll also lose lean muscle, which sabotages your weight-loss efforts. The more muscle you have, the more calories your body uses—even while resting. That's why two people of the same weight—one who is fit versus one who is fat—may not need the same number of calories. The fit person needs more.

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Brief Summary of
Prescribing Information as of January 1993

SELDANE-D®

(terfenadine and pseudoephedrine hydrochloride) Extended-Release Tablets

WARNING BOX

QT INTERVAL PROLONGATION/VENTRICULAR ARRHYTHMIA

RARE CASES OF SERIOUS CARDIOVASCULAR ADVERSE EVENTS, INCLUDING DEATH, CARDIAC ARREST, TORSADES DE POINTES, AND OTHER VENTRICULAR ARRHYTHMIAS, HAVE BEEN OBSERVED IN THE FOLLOWING CLINICAL SETTINGS, FREQUENTLY IN ASSOCIATION WITH INCREASED TERFENADINE LEVELS WHICH LEAD TO ELECTROCARDIOGRAPHIC QT PROLONGATION:

1. **CONCOMITANT ADMINISTRATION OF KETOCONAZOLE (NIZORAL) OR ITRACONAZOLE (SPORANOX)**
2. **OVERDOSE, INCLUDING SINGLE TERFENADINE DOSES AS LOW AS 360 MG**
3. **CONCOMITANT ADMINISTRATION OF CLARITHROMYCIN, ERYTHROMYCIN, OR TROLEANDOMYCIN**
4. **SIGNIFICANT HEPATIC DYSFUNCTION**

TERFENADINE IS CONTRAINDICATED IN PATIENTS TAKING KETOCONAZOLE, ITRACONAZOLE, ERYTHROMYCIN, CLARITHROMYCIN, OR TROLEANDOMYCIN, AND IN PATIENTS WITH SIGNIFICANT HEPATIC DYSFUNCTION.

DO NOT EXCEED RECOMMENDED DOSE.

IN SOME CASES, SEVERE ARRHYTHMIAS HAVE BEEN PRECEDED BY EPISODES OF SYNCOPE. SYNCOPE IN PATIENTS RECEIVING TERFENADINE SHOULD LEAD TO DISCONTINUATION OF TREATMENT AND FULL EVALUATION OF POTENTIAL ARRHYTHMIAS.

(See CONTRAINDICATIONS, WARNINGS, CLINICAL PHARMACOLOGY, AND PRECAUTIONS: DRUG INTERACTIONS.)

DESCRIPTION

SELDANE-D (terfenadine and pseudoephedrine hydrochloride) Extended-Release Tablets are available for oral administration.

Each tablet contains 60 mg terfenadine and 10 mg of pseudoephedrine hydrochloride in an outer press-coat for immediate release and 110 mg pseudoephedrine hydrochloride in an extended-release core. Tablets also contain, as inactive ingredients: colloidal silicon dioxide, ethylcellulose, glycerin, hydroxypropyl cellulose, hydroxypropyl methylcellulose 2208, hydroxypropyl methylcellulose 2910, lactose, magnesium stearate, microcrystalline cellulose, polysorbate 80, precipitated calcium carbonate, pregelatinized corn starch, sodium lauryl sulfate, sodium starch glycolate, talc, titanium dioxide, and zinc stearate.

INDICATIONS AND USAGE

SELDANE-D is indicated for the relief of symptoms associated with seasonal allergic rhinitis such as sneezing, rhinorrhea, pruritus, lacrimation, and nasal congestion. It should be administered when both the antihistaminic properties of SELDANE (terfenadine) and the nasal decongestant activity of pseudoephedrine hydrochloride are desired (see CLINICAL PHARMACOLOGY).

SELDANE-D has not been studied for effectiveness in relieving the symptoms of the common cold.

CONTRAINDICATIONS

CONCOMITANT ADMINISTRATION OF SELDANE-D WITH KETOCONAZOLE (NIZORAL) OR ITRACONAZOLE (SPORANOX) IS CONTRAINDICATED. SELDANE-D IS ALSO CONTRAINDICATED IN PATIENTS WITH DISEASE STATES OR OTHER CONCOMITANT MEDICATIONS KNOWN TO IMPAIR ITS METABOLISM, INCLUDING SIGNIFICANT HEPATIC DYSFUNCTION, AND CONCURRENT USE OF CLARITHROMYCIN, ERYTHROMYCIN, OR TROLEANDOMYCIN. QT PROLONGATION HAS BEEN DEMONSTRATED IN SOME PATIENTS TAKING TERFENADINE IN THESE SETTINGS, AND RARE CASES OF SERIOUS CARDIOVASCULAR EVENTS, INCLUDING DEATH, CARDIAC ARREST, AND TORSADES DE POINTES, HAVE BEEN REPORTED IN THESE PATIENT POPULATIONS. (See WARNINGS and PRECAUTIONS: Drug Interactions.)

SELDANE-D is contraindicated in nursing mothers, patients with severe hypertension or severe coronary artery disease, patients receiving monoamine oxidase (MAO) inhibitor therapy, and in patients with a known hypersensitivity to any of its ingredients (see DESCRIPTION section).

WARNINGS

Terfenadine undergoes extensive metabolism in the liver by a specific cytochrome P-450 isoenzyme. This metabolic pathway may be impaired in patients with hepatic dysfunction (alcoholic cirrhosis, hepatitis) or who are taking drugs such as ketoconazole, itraconazole, or clarithromycin, erythromycin, or troleandomycin (macrolide antibiotics), or other potent inhibitors of this isoenzyme. Interference with this metabolism can lead to elevated terfenadine plasma levels associated with QT prolongation and increased risk of ventricular tachyarrhythmias (such as torsades de pointes, ventricular tachycardia, and ventricular fibrillation) at the recommended dose. SELDANE-D is contraindicated for use by patients with these conditions (see WARNING BOX, CONTRAINDICATIONS, and PRECAUTIONS: Drug Interactions).

Other patients who may be at risk for these adverse cardiovascular events include patients who may experience new or increased QT prolongation while receiving certain drugs or having conditions which lead to QT prolongation. These include patients taking certain antiarrhythmics, bepridil, certain psychotropics, probucol, or astemizole; patients with electrolyte abnormalities such as hypokalemia or hypomagnesemia, or taking diuretics with potential for inducing electrolyte abnormalities; and patients with congenital QT syndrome. SELDANE-D is not recommended for use by patients with these conditions.

The relationship of underlying cardiac disease to the development of ventricular tachyarrhythmias while on SELDANE-D therapy is unclear; nonetheless, SELDANE-D should also be used with caution in these patients.

Sympathomimetic amines should be used judiciously and sparingly in patients with hypertension, diabetes mellitus, ischemic heart disease, increased intraocular pressure, hyperthyroidism, or prostatic hypertrophy (see CONTRAINDICATIONS). Sympathomimetic amines may produce CNS stimulation with convulsions or cardiovascular collapse with accompanying hypotension.

Use in Elderly

The elderly are more likely to have adverse reactions to sympathomimetic amines.

PRECAUTIONS

General

SELDANE-D should be used with caution in patients with diabetes hypertension, cardiovascular disease, and hyperreactivity to ephedrine

Information for Patients

Patients taking SELDANE-D should receive the following information and instructions. Patients should be advised to take SELDANE-D only as needed and NOT TO EXCEED THE PRESCRIBED DOSE. Patients should be questioned about use of any other prescription or over-the-counter medication, and should be cautioned regarding the potential for life-threatening arrhythmias with concurrent use of ketoconazole, itraconazole, clarithromycin, erythromycin, or troleandomycin. Patients should be advised to consult the physician before concurrent use of other medications with terfenadine. Patients should be questioned about pregnancy or lactation before starting SELDANE-D therapy, since the drug is contraindicated in nursing women and should be used in pregnancy only if the potential benefit justifies the potential risk to the fetus. Patients should be directed to swallow the tablet whole. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat, moisture, or direct sunlight, and away from children.

Drug Interactions (see CONTRAINDICATIONS)

Monoamine oxidase (MAO) inhibitors and beta-adrenergic agonists increase the effect of sympathomimetic amines. Sympathomimetic amines may reduce the antihypertensive effects of methyldopa, mecamylamine, and reserpine. MAO inhibitors may prolong and intensify the effects of antihistamines.

Care should be taken in the administration of SELDANE-D concomitantly with other sympathomimetic amines because combined effects on the cardiovascular system may be harmful to the patient.

Ketoconazole

Spontaneous adverse reaction reports of patients taking concomitant ketoconazole with recommended doses of terfenadine demonstrate QT interval prolongation and rare serious cardiac events, e.g. death, cardiac arrest, and ventricular arrhythmia including torsades de pointes. Pharmacokinetic data indicate that ketoconazole markedly inhibits the metabolism of terfenadine, resulting in elevated plasma terfenadine levels. Presence of unchanged terfenadine is associated with statistically significant prolongation of the QT and QTc intervals. **Concomitant administration of ketoconazole and SELDANE-D is contraindicated** (see CONTRAINDICATIONS, WARNINGS, and ADVERSE REACTIONS).

Itraconazole

Torsades de pointes and elevated parent terfenadine levels have been reported during concomitant use of terfenadine and itraconazole in clinical trials of itraconazole and from foreign post-marketing sources. One death has also been reported from foreign post-marketing sources. **Concomitant administration of itraconazole and SELDANE-D is contraindicated** (see CONTRAINDICATIONS, WARNINGS, and ADVERSE REACTIONS).

Due to the chemical similarity of other azole-type antifungal agents (including fluconazole, metronidazole, and miconazole) to ketoconazole and itraconazole, concomitant use of these products with SELDANE-D is not recommended pending full examination of potential interactions.

Macrolides

Clinical drug interactions studies indicate that erythromycin and clarithromycin can exert an effect on terfenadine metabolism by a mechanism which may be similar to that of ketoconazole, but to a lesser extent. Although erythromycin measurably decreases the clearance of the terfenadine acid metabolite, its influence on terfenadine plasma levels is still under investigation. A few spontaneous accounts of QT interval prolongation with ventricular arrhythmia including torsades de pointes have been reported in patients receiving erythromycin and troleandomycin.

Concomitant administration of SELDANE-D with clarithromycin, erythromycin, or troleandomycin is contraindicated (see CONTRAINDICATIONS, WARNINGS, and ADVERSE REACTIONS). Pending full characterization of potential interactions, concomitant administration of SELDANE-D with other macrolide antibiotics, including azithromycin, is not recommended. Studies to evaluate the potential interaction of terfenadine with azithromycin are in progress.

Carcinogenesis, Mutagenesis, Impairment of Fertility

No studies have been conducted to evaluate the carcinogenic potential of SELDANE-D.

Oral doses of terfenadine, corresponding to 63 times the recommended human daily dose, in mice for 18 months or in rats for 24 months, revealed no evidence of tumorigenicity. Microbial and micronucleus test assays with terfenadine have revealed no evidence of mutagenesis.

Reproduction and fertility studies with terfenadine in rats showed no effects on male or female fertility at oral doses of up to 21 times the human daily dose. At 63 times the human daily dose there was a small but significant reduction in implants and at 125 times the human daily dose reduced implants and increased post-implantation losses were observed, which were judged to be secondary to maternal toxicity. Animal reproduction studies have not been carried out with pseudoephedrine.

Pregnancy Category C

The combination of terfenadine and pseudoephedrine hydrochloride (in a ratio of 1:2 by weight) has been shown to produce reduced fetal weight in rats and rabbits at 42 times the human dose, and delayed ossification with wavy ribs in a few fetuses when given to rats at a dose of 63 times the human daily dose. There are no adequate and well-controlled studies in pregnant women. SELDANE-D should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nursing Mothers (see CONTRAINDICATIONS)

Terfenadine has caused decreased pup weight gain and survival in rats given doses 63 times and 125 times the human daily dose throughout pregnancy and lactation.

Pediatric Use

Safety and effectiveness of SELDANE-D in children below the age of 12 years have not been established.

ADVERSE REACTIONS

Cardiovascular Adverse Events

With terfenadine, rare reports of severe cardiovascular adverse effects have been received which include ventricular tachyarrhythmias (torsades de pointes, ventricular tachycardia, ventricular fibrillation, and cardiac arrest), hypotension, palpitations, syncope, and dizziness. Rare reports of deaths resulting from ventricular tachyarrhythmias have been received (see CONTRAINDICATIONS, WARNINGS, and PRECAUTIONS: Drug Interactions). Hypotension, palpitations, syncope, and dizziness could reflect undetected ventricular arrhythmia. IN SOME PATIENTS, DEATH, CARDIAC ARREST, OR TORSADES DE POINTES HAVE BEEN PRECEDED BY EPISODES OF SYNCOPE. (See WARNING BOX.) Rare reports of serious cardiovascular adverse events have been received, some involving QT prolongation and torsades de pointes, in apparently normal individuals without identifiable risk factors; there is not conclusive evidence of a causal relationship of these events with terfenadine. Although in rare cases there was measurable plasma terfenadine, the implications of this finding with respect to the variability of terfenadine metabolism in the normal population cannot be assessed without further study. In controlled clinical trials in otherwise normal patients with rhinitis, small increases in QTc interval were observed at doses of 60 mg b.i.d. In studies at 300 mg b.i.d. a mean increase in QTc of 10% (range [illegible] to [illegible]%) (mean increase of 46 msec) was observed.

General Adverse Events

In double-blind, parallel, controlled studies in over 300 patients in w SELDANE-D was compared to extended-release pseudoephed adverse reactions reported for greater than 1% of the patients rece SELDANE-D were not clinically different from those reported for pa receiving pseudoephedrine (see Table below).

Frequently (>1%) Reported Adverse Events for SELDANE-D in Double-blind, Parallel, Controlled Clinical Trials*

Adverse Event	Percent of Patients Reporting		
	SELDANE-D (n=374)	Pseudo-ephedrine (n=287)	Place (n=1
Central Nervous System			
Insomnia	25.9	26.8	6
Headache	17.4	17.1	22
Drowsiness/Sedation	7.2	4.9	11
Nervousness	6.7	5.4	1
Anorexia	3.7	3.8	0
Fatigue	2.1	1.4	2
Restlessness	2.1	1.0	0
Irritability	1.1	0.0	1
Disorientation	1.1	0.0	0
Increased Energy	1.1	0.0	0
Hyperkinesia	1.1	1.0	0
Autonomic			
Dry Mouth/Nose/Throat	21.7	21.3	11
Blurring of Vision	1.1	0.3	0
Gastrointestinal			
Nausea	4.5	5.6	5
Skin			
Rash	1.1	0.0	0
Cardiovascular			
Palpitations	2.4	3.8	0
Allergy Symptoms			
Sore Throat	1.9	1.7	1
Cough	1.6	0.3	1
Other			
Infection, Upper Respiratory	1.3	2.4	0
Taste Alterations	1.1	1.0	1

*SELDANE-D B.I.D., pseudoephedrine 120 mg B.I.D.

Pseudoephedrine may cause ephedrine-like reactions such as ta cardia, palpitations, headache, dizziness, or nausea. Sympathomir drugs have also been associated with certain untoward react including fear, anxiety, tenseness, restlessness, tremor, weakn pallor, respiratory difficulty, dysuria, insomnia, hallucinations, co sions, CNS depression, arrhythmias, and cardiovascular collapse hypotension.

In controlled clinical trials with terfenadine, using the recommended dose of 60 mg b.i.d., the incidence of adverse events in pati receiving terfenadine was similar to that reported in patients rece placebo. These effects included:

Central Nervous System: Drowsiness, headache, fatigue, dizzir nervousness, weakness, appetite increase

Gastrointestinal System: Abdominal distress, nausea, vomiting, ch in bowel habits

Eye, Ear, Nose and Throat: Dry mouth/nose/throat, cough, sore th epistaxis

Skin: Eruption (including rash and urticaria) or itching

Also reported spontaneously during the marketing of terfenadine v alopecia (hair loss or thinning), anaphylaxis, angioedema, bronchosp confusion, depression, galactorrhea, insomnia, menstrual disor (including dysmenorrhea), musculoskeletal symptoms, nightm paresthesia, photosensitivity, rapid flare of psoriasis, seizures, s tachycardia, sweating, thrombocytopenia, tremor, urinary frequency, visual disturbances.

Also in clinical trials, several instances of mild or, in one case, mod transaminase elevations were seen in patients receiving terfenadine. elevations were also seen in placebo treated patients. Marketing ex ences include isolated reports of jaundice, cholestatic hepatitis, hepatitis. In most cases available information is incomplete.

OVERDOSAGE

Information concerning possible overdosage and its treatment appea Full Prescribing Information.

DOSAGE AND ADMINISTRATION

Adults and children 12 years and older: one tablet swallowed wi morning and night.

USE OF DOSES IN EXCESS OF ONE TABLET B.I.D. IS NOT REC MENDED BECAUSE OF THE INCREASED POTENTIAL FOR QT INTER PROLONGATION AND ADVERSE CARDIAC EVENTS. (See WARN BOX.) USE OF SELDANE-D IN PATIENTS WITH SIGNIFICANT HEP DYSFUNCTION AND IN PATIENTS TAKING KETOCONAZOLE, ITRACO ZOLE, CLARITHROMYCIN, ERYTHROMYCIN, OR TROLEANDOMYCI CONTRAINDICATED. (See CONTRAINDICATIONS, WARNINGS, PRECAUTIONS: Drug Interactions.)

HOW SUPPLIED

SELDANE-D Tablets containing 60 mg of terfenadine and 10 m pseudoephedrine hydrochloride in an outer press-coat for immed release and 110 mg of pseudoephedrine hydrochloride in an exten release core are supplied as follows:

NDC 0068-0722-61: Bottles of 100 tablets.

Tablets are white to off-white, biconvex capsule-shaped; debos "SELDANE-D". Store at controlled room temperature (59-86°F) (15-30 Protect from moisture.

Prescribing Information as of January 1993

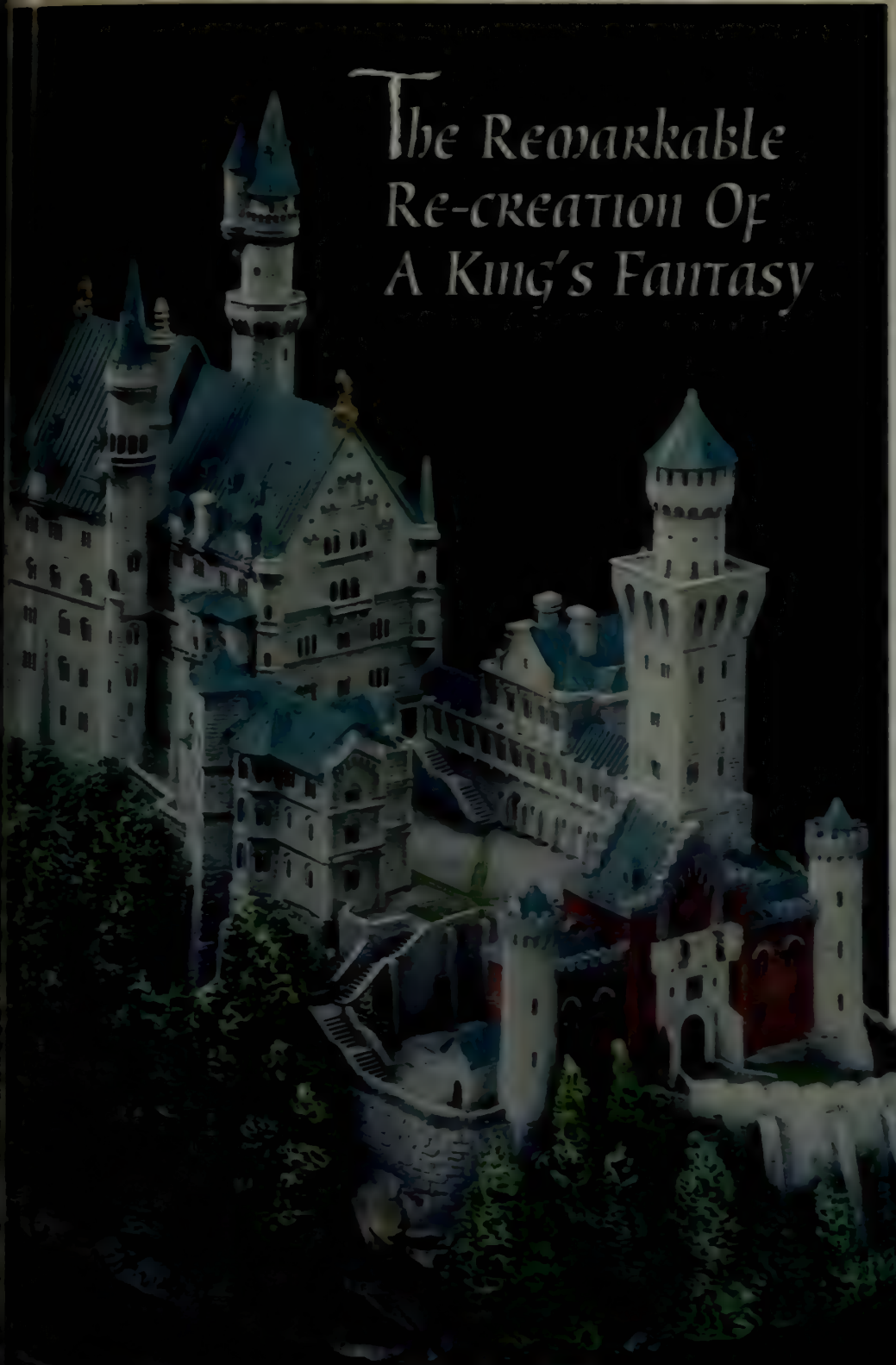
Merrell Dow Pharmaceuticals Inc.
Subsidiary of Marion Merrell Dow Inc.
Kansas City, MO 64114

U.S. Patents 3,878,217; 4,929,605; 4,996,061; 4,254,129.



MARION MERRELL DOW INC.
U S A
KANSAS CITY, MO 64114

The Remarkable Re-creation Of A King's Fantasy





Neuschwanstein Castle in the Bavarian Alps

Neuschwanstein collector's miniature shown smaller than actual size of 10" long and 7 1/2" high, including base.

LENOX

Four buildings, two courtyards, seven towers and 293 windows—a crowning achievement in miniature

They called the king who built it "mad." A castle that rises through the mists of the Bavarian Alps– its walls, towers, peaked roofs, turrets and lofty spires more dream-like than real. This is Neuschwanstein, truly the world's most enchanting castle.

Now, Lenox has commissioned master miniaturist Ron Spicer to perform the seemingly impossible task of re-creating this monument to fantasy–in miniature. A feat so astonishing that a 200-foot tower is now just five inches high!

Ron Spicer achieved exceptional detail using a sculptor's blend of resin porcelain. The relief image of St. George on horseback on the north tower, the lofty watchman's post, the balcony outside the royal suite—all are accurately portrayed. And the entire sculpture is painted by hand.

Neuschwanstein elevates the art of miniaturization. Yet this superb Lenox® re-creation is priced at just $76, and your satisfaction is completely guaranteed. Not currently sold through art galleries or even fine collectible stores, the sculpture is *available only from Lenox*. To own your very own castle, mail your reservation today.

937813

© Lenox, Inc. 1994

Please mail by May 31, 1994

Not sold in collectible stores

Please enter my reservation for *Neuschwanstein*, a hand-painted re-creation from Lenox. I need send no money now. I will be billed for my imported sculpture in four monthly installments of $19* each.

Signature _____

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____

State _____ Zip _____

937813

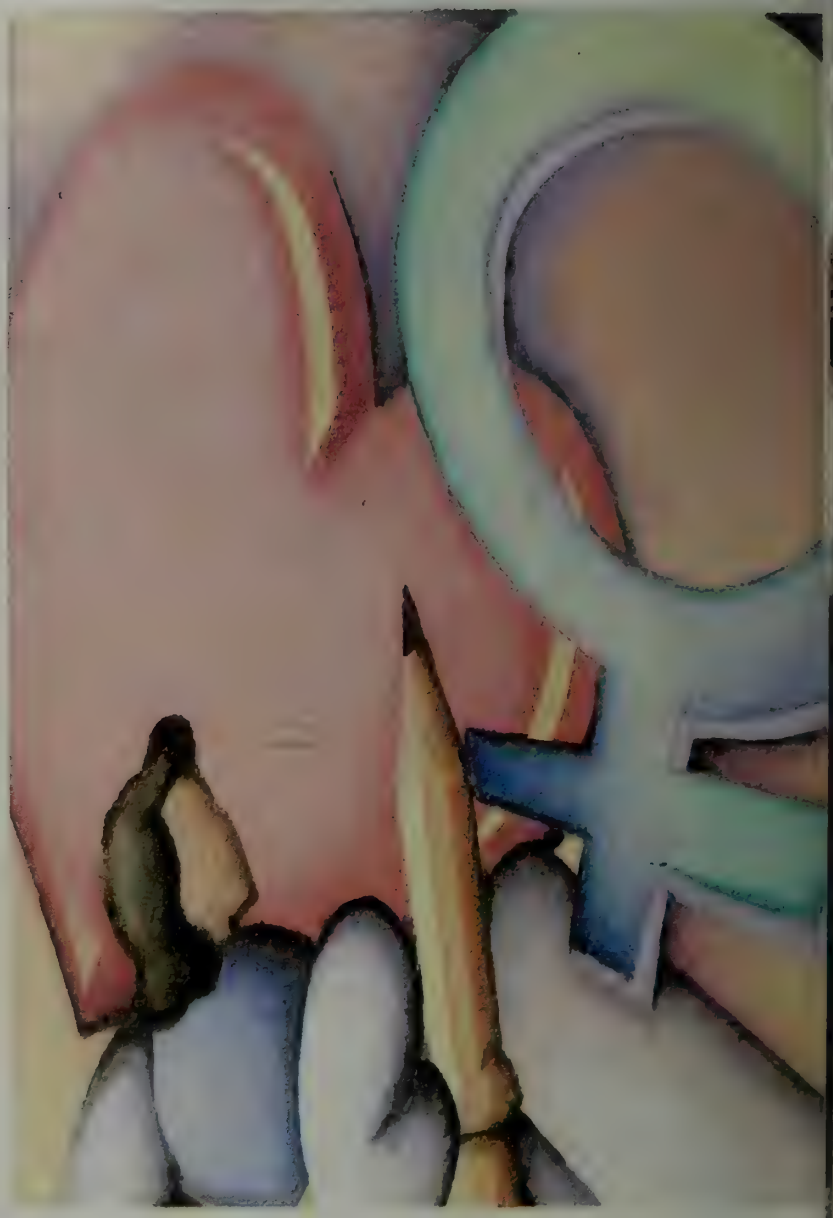
Telephone (____) _____

* Plus $5.98 per sculpture for shipping, handling and insurance. Sales tax will be billed if applicable. Orders subject to acceptance.

Mail to: Lenox Collections
P.O. Box 3020, Langhorne, PA 19047-9120

by Paul Krantz

Heart Quiz for Women

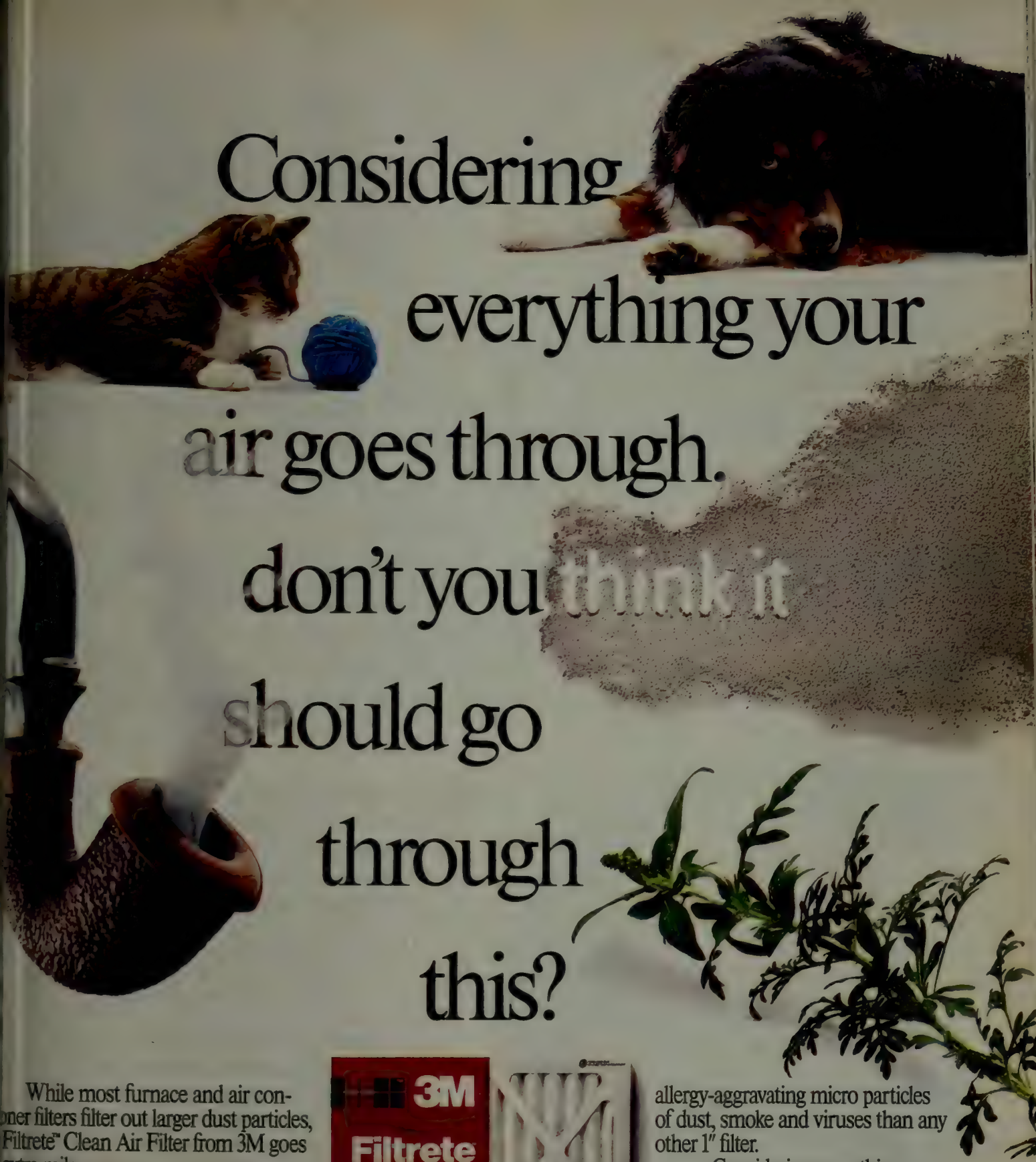


No matter how you look at it, heart disease is a woman's disorder. Each year, slightly more than 40 percent of all deaths among women can be traced to heart and circulation disorders—a higher percentage than in men. That's 500,000 women's lives claimed each year, more than twice the number that die from all forms of cancer.

So set aside those notions that women are somehow immune to heart disease. Take a few minutes to learn just what your risks are. The test presented here was developed by the Arizona Heart Institute & Foundation, and is reproduced with their permission. To take the test, write the number next to your answer in the boxes provided, then add all the boxes for your score.

continued on page 6

Considering everything your air goes through. don't you think it should go through this?



While most furnace and air conditioner filters filter out larger dust particles, Filtrete™ Clean Air Filter from 3M goes the extra mile.

Its unique, electrostatically-charged fibers work like tiny magnets that attract and trap allergy-causing particles that would blow right through an ordinary filter. Particles like smoke and animal dander.

In fact, our filter not only removes larger particles of airborne dust, pollen and mold, but it also removes more of the allergy-aggravating micro particles of dust, smoke and viruses than any other 1" filter.

Considering everything that goes into the air you breathe, you should consider the filter that takes more things out.

Look for the Filtrete Clean Air Filter from 3M wherever you purchase your furnace or air conditioner filters. And be sure to watch for new 3M filter products, available soon. For a retailer near you call 1-800-388-3458.



3M

3M



Heart Quiz for Women

continued from page 64

AGE
- 51 and over 5
- 35–50 2
- 34 and under 0

FAMILY HISTORY

If you have parents, brothers, or sisters who have had a heart attack, stroke, or heart bypass surgery at:
- Age 55 or before 5
- Age 56 or after 3
- None or don't know 0

PERSONAL HISTORY

Have you had:
- A heart attack 20
- Angina, heart bypass surgery, angioplasty, stroke, or blood vessel surgery 10
- None of the above 0

SMOKING

Current smoker: how many cigarettes per day?
- 5 or more 20
- 4 or fewer 10

If you are a smoker currently taking oral contraceptives and are:
- Under 35 years old .....add 2
- 35 years old and over .....add 5

or

Previous smoker who quit less than 2 years ago: how many cigarettes did you smoke?
- 5 or more 10
- 4 or fewer 5

or

Never smoked or quit more than 2 years ago 0

BLOOD PRESSURE

If you have had your blood pressure taken in the last year, was it:
- Elevated or high (either or both readings above 160/95 mmHg) 6
- Borderline (between 140/90 and 160/95 mmHg) 3
- Normal (below 140/90 mmHg) or don't know 0

HORMONE STATUS

If you have undergone natural menopause, your age at its start:
- 41 or older 1
- 40 or younger 2

If you have had a total hysterectomy, your age when it was done:
- 41 or older 1
- 40 or younger 3

If you take an oral estrogen supplement .....subtract 2

If you are still menstruating .....subtract 1

EXERCISE

Do you engage in any aerobic activity, such as brisk walking, jogging, bicycling, or swimming, for more than 20 minutes:
- Less than once a week 6
- 1 or 2 times a week 3
- 3 or more times a week 0

BLOOD FATS

(Use score from only one section below)

If you have had your cholesterol and blood fat levels checked in the last year, score your risk here:
- Over 240 mg/dL 6
- 200–240 mg/dL 3
- Cholesterol under 200 mg/dL 0
- If your HDLs are lower than 45 .....add 1

or

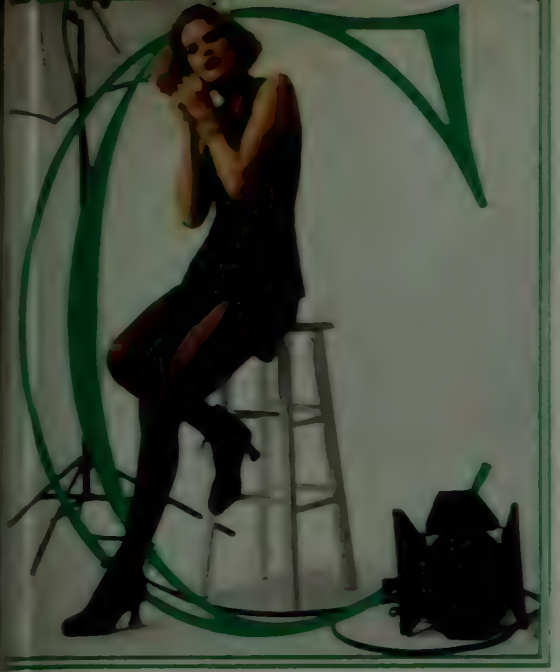
If you know your cholesterol to HDL ratio, use this section to score your risk:
- 7.1 and above 6
- 3.6–7.0 3
- 3.5 or below 0

or

If you do not know your blood fat levels, use this section to score your risk: Which of the following best describes your eating pattern?
- High fat: red meat, fast foods, and/or fried foods daily; more than 7 eggs per week; regular consumption of butter, whole milk, and cheese 6
- Moderate fat: red meat, fast foods, and/or fried foods 4–6 times per week; 4–7 eggs weekly; regular use of margarine, vegetable oils, and/or low-fat dairy products 3
- Low fat: poultry, fish, and little or no red meat, fast foods, fried foods, or saturated fats; fewer than 3 eggs per week; minimal margarine and vegetable oils; primarily nonfat dairy products 0

continued on page 68

©1994 SmithKline Beecham Consumer Healthcare.



hristina is a 5'10", 125 lb. fashion model f Scandinavian heritage. Everyone thinks she has the most narvelous bone structure. She doesn't. She is on her way to osteoporosis.

Her cheekbones are to die for, but not her vertebrae. o many diets and too little calcium have left her bone nsity below average. If she doesn't do something, she'll ink. Her spine will compact. Her clothes won't fit. oking up at the sky will be impossible.

Today 1 in 2 American women will osteoporosis.

Chances are you'll be one of them. Don't. teoporosis isn't caused by aging. It's caused by ignorance.

Help prevent osteoporosis with calcium.

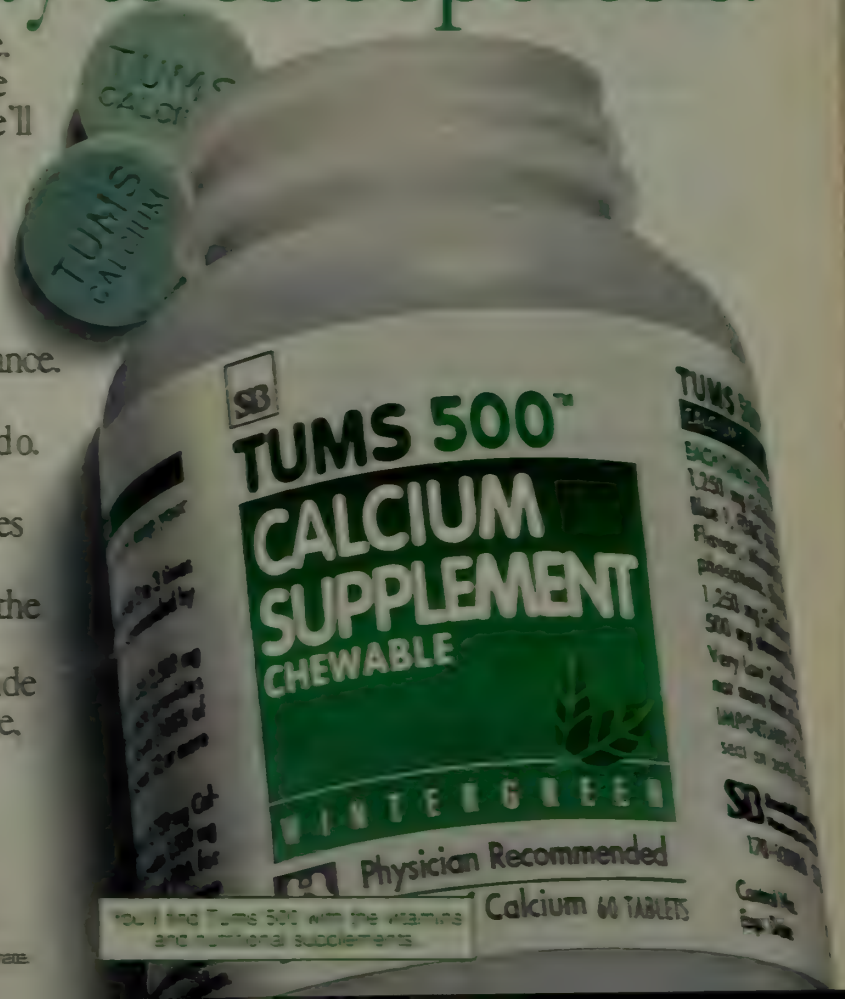
And exercise. Even a half hour walk every day will do. t night. Don't smoke. If you drink, drink less.

And talk to your doctor. Ask about alternate therapies d risk factors like age, race and family history.

And because American women get only about half the cium they need to maintain bone strength, take Tums 500's every day. For pennies 2 Tums 500's provide 0 mg. of chewable EffeCal®, a pure, very absorbable, ined form of calcium.

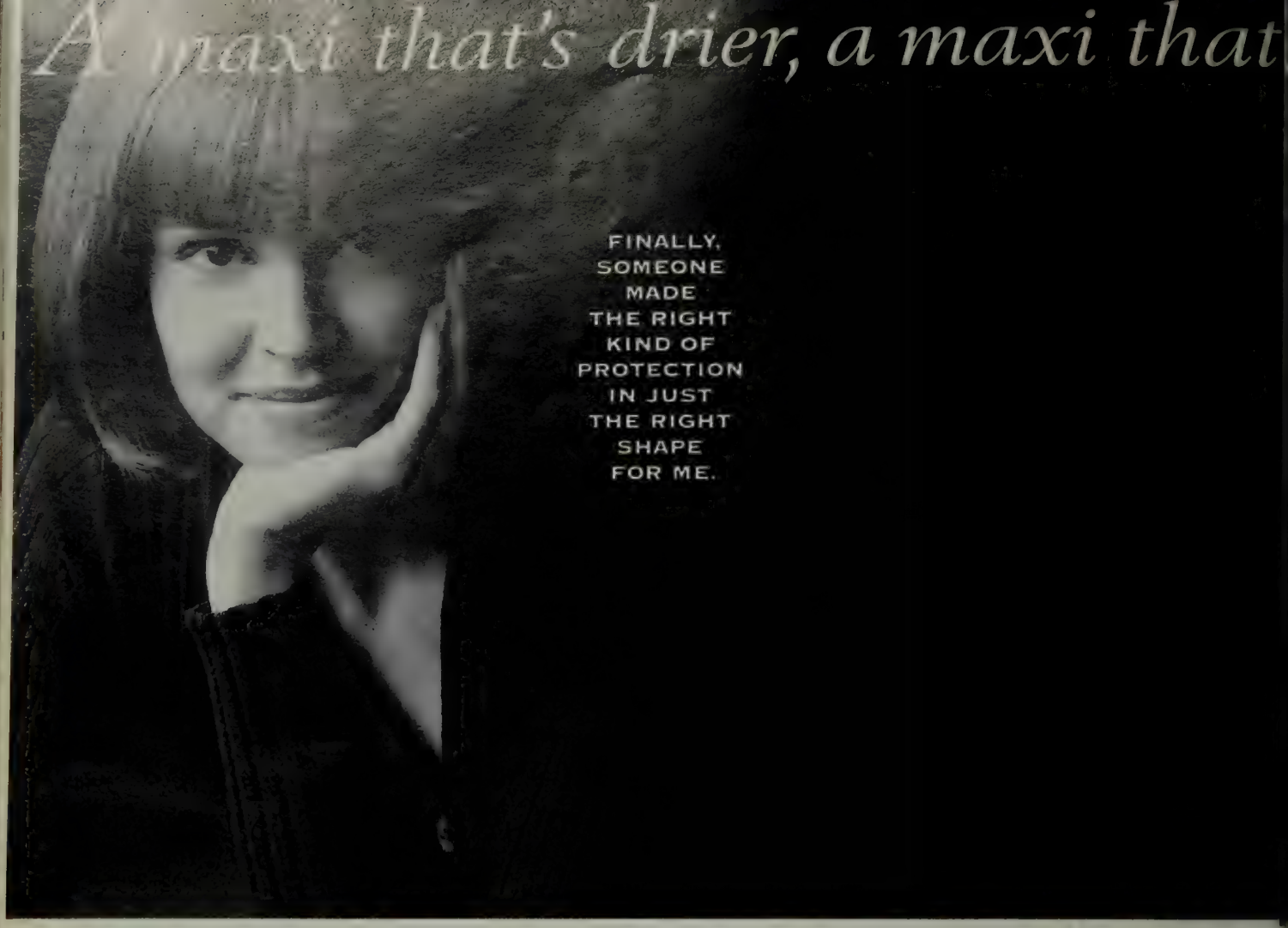
Start now.

If you're in your teens or 20's, it's not too early.
If you're in your 40's, 50's or 60's, it's not too late.
For you to change osteoporosis from fate to history.



Caltrate is a registered trademark of SmithKline Beecham Consumer Healthcare for calcium carbonate.

A maxi that's drier, a maxi that





Heart Quiz for Women

continued from page 66

DIABETES

If you have diabetes (blood sugar level above 140 mg/dL), your age when you found out:

- 40 or before.....6
- 41 or older 4
- Do not have diabetes.....0

BODY MASS

Calculate your body mass index using the following formula:

Weight (lbs.): _____ x 0.45 = _____ (W)

Height (inches): _____ x 0.025 = _____ (H)

Divide W by the square of H [or W ÷ (H x H)] = Body Mass Index (BMI)

W _____ ÷ H^2 _____ = _____ BMI

Example: A woman is 120 pounds and 5 feet 6 inches (66 inches) tall:

120 x 0.45 = 54 (W) 66 x 0.025 = 1.65 (H)

W ÷ H^2 = 54 ÷ (1.65 x 1.65) = 54 ÷ 2.72 = 19.8 BMI

- If your BMI is 27 or greater.....2
- If your BMI is below 27 0

Now measure your waist and hips and divide your waist measurement by your hip girth:

Example: Your waist is 26 inches and your hips measure 36 inches:

26 ÷ 36 = 0.7

(waist) _____ ÷ (hips) _____ = _____

- If your waist to hip ratio is 0.8 or greater 1
- If your ratio is 0.79 or less.....0

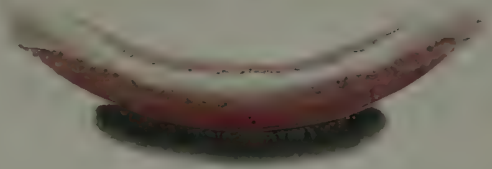
STRESS

Are you easily angered and frustrated:

- Most of the time.....6
- Some of the time 3
- Rarely.....0

TOTAL SCORE

urved . . . what a perfect fit!

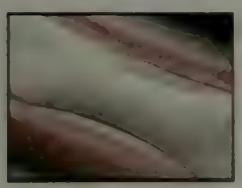


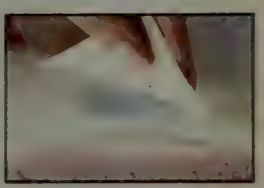
INTRODUCING

Always Curves

THE ONLY CLEANER AND DRIER CURVED MAXI.

THESE NEW ALWAYS® CURVES ARE SHAPED TO FIT. CURVES HAS SOFT, GENTLE GATHERS ALL ALONG THE SIDES AND A MORE ABSORBENT CENTER;* TOGETHER THEY REALLY DO PROTECT. AND ONLY ALWAYS HAS DRI-WEAVE ON TOP, WHICH MEANS IT'S THE ONLY CURVED MAXI WHERE THE SURFACE STAYS CLEANER AND DRIER.* A CURVED MAXI THAT'S CLEANER AND DRIER...WHAT COULD BE MORE PERFECT?







IT'S CLEANER. IT'S DRIER. IT'S ALWAYS.

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IS YOUR HEART IN JEOPARDY?

THIS TEST COULD SAVE YOUR LIFE!

Heart disease (and the various circulatory ailments that accompany it) is the number one cause of death in men and women, but there the similarity ends. In women, heart disease typically occurs about ten years later in life than in men, and it often follows a different course. Also, women do not respond to treatment in the same manner as male patients.

This heart disease risk factor test was designed by the Arizona Heart Institute & Foundation specifically for women, based on their unique disease development patterns and physiology. After you take the test, total your score and find out your heart disease risk below.

WHAT YOUR RISK FACTOR SCORE MEANS

15 points or less:
Low Risk

Congratulations! Maintain your heart healthy status by watching your weight, blood pressure, and blood fat (cholesterol and HDL) levels; get regular checkups and don't smoke. Retake this test every year to monitor your heart-health risk profile.

16–32 points:
Medium Risk

Experience indicates that your medium risk level warrants attention. Personal factors or lifestyle habits may be increasing your vulnerability to heart disease. The Institute strongly recommends that you schedule an appointment with your doctor for an evaluation, and take this test with you to get advice on how you can improve your heart-health status.

33 points or more:
High Risk

Your potential for experiencing a heart attack or stroke is significant. You must take action NOW. If you are not already being treated for heart disease, the Institute urgently advises that you see your doctor immediately and take this test with you. You must seek ways to reduce your risk!

FOR MORE INFORMATION

Want to learn more about heart disease in women? Answers to your questions and helpful brochures on a wide range of heart-health topics are available from the Arizona Heart Institute & Foundation's nationwide heart disease hotline. Call 800/345-4278 between 8:00 a.m. to 5:00 p.m. MST.

ANNOUNCING

Better Homes and Gardens® & NAHB Remodelors Council™

Home Improvement Contest

GET BIG BENEFITS AND BIG BUCKS FROM YOUR NEXT HOME FIX-UP PROJECT. YOU MAY WIN A TOP AWARD, AND YOUR PROJECT MAY APPEAR IN OUR MAGAZINE!

We're delighted to announce a new partner in our Home Improvement Contest: the NAHB Remodelors Council.

PICK YOUR CATEGORY

You can win in any of nine categories. We'll give cash awards for Class A (large), Class B (medium), and Class C (small) projects in each category.

- Exterior Fix-Ups
- Outdoor Improvements
- Kitchen Shape-Ups
- Bathroom Remodelings
- Interior Remodelings
- Additions
- Whole-House Remodelings
- Daylighting
- Restorations

CASH AWARDS

Grand Prize: $10,000. Two Runners-Up: $4,000 each. Twelve awards in each of the nine categories:

Class A:	$1,000
Class B:	$500
Class C:	$250
Merit Awards:	$100

(Three merit winners in each class)

SPECIAL COSPONSOR AWARDS

One Class A, B, or C winner in any of the nine categories who uses products from 15 or more cosponsors will win a bonus of $2,000.*

WIN ADDITIONAL PRIZES

You might also win cash, products, or product purchase refunds from cosponsoring manufacturers whose products you've chosen to incorporate into your project (see list of cosponsors, far right).* Example: you remodel your kitchen and win a substantial refund from the manufacturer of the new appliances or cabinets that you purchased for your project.

We'll judge your entry on how good it looks, how well it works, and how much value you got for the money you spent. Any home improvement project completed in 1994 is eligible, no matter how big or small it is or when it was started. It's also eligible whether you did all the work yourself or hired professional help. Entrants must be U.S. residents. Judges' decisions are final.

*These prizes are void in Arizona, Maryland, and Vermont.

Following is a list of cosponsors providing *$500* for best use of product. (Look for additional cosponsor special awards ranging in value from *$100* to *$5,000* when you receive complete entry materials.)

Amana Refrigeration, Inc.
American Standard
Andersen Windows and Patio Doors
Aristokraft
Armstrong
Black & Decker Spacemaker Optima
Brookhaven Cabinetry Division of Wood-Mode
Broyhill Furniture Industries, Inc.
CooperTools Home Improvement Tools and Hardware
DACOR Cooking Appliances
DuPont Corian Kitchen and Bath Products
Eljer Plumbingware
The Forever Doors by EMCO
Frigidaire Major Appliances
GE Appliances
Georgia-Pacific Corporation
Heat-N-Glo Fireplace Products, Inc.
Hunter Ceiling Fans
Hunter Douglas Window Fashions
Hurd Wood Windows and Patio Doors
KitchenAid
The Kohler Company
Action Furniture by Lane
Lane Cedar Chests
Mannington Resilient Floors
Marvin Windows and Doors
Merillat Industries, Inc.
Peachtree Windows and Doors
Raynor Garage Doors
Robert Bosch Corporation
ServiceMaster Residential/Commercial Services
Sherwin-Williams Paint Stores
Sunbrella/Somfy Retractable Awning System
TrustMark Carpet by Shaw Industries
VELUX Roof Windows and Skylights
Waverly Fabrics, Wallcoverings, and Home Fashions
Whirlpool Corporation (Whirlpool Brand)
Wm. Zinsser & Co. (Zinsser and Wolman Home Improvement Products)

HOW TO ENTER

1. RIGHT NOW: Complete and mail the preliminary entry blank, *left*, or a photocopy, by October 1, 1994. We'll send you complete details and entry materials, along with our official entry form.
2. WHEN YOUR PROJECT IS DONE: Send us the final entry form. (Get a head start now by saving floor plans, Before and After photos, and receipts that could make your project a winner.) All final entries must be postmarked by February 1, 1995.
3. THE WINNERS: Winners will be selected on or about May 31, 1995. We will notify all winners by mail and publish the top winner in each category in our November 1995 and February 1996 issues.

Better Homes and Gardens®
HOME IMPROVEMENT CONTEST
PRELIMINARY ENTRY BLANK
Must be postmarked no later than October 1, 1994

SEND $3.00 FOR POSTAGE AND HANDLING TO:

Better Homes and Gardens
Home Improvement Contest
P.O. Box 9214
Des Moines, IA 50306-9214

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

Be sure to check the box(es) that best describes the project(s) you plan to complete in 1994.

❑ 1. Exterior Fix-Ups ❑ 4. Bathroom Remodelings ❑ 7. Whole-House Remodelings
❑ 2. Outdoor Improvements ❑ 5. Interior Remodelings ❑ 8. Daylighting
❑ 3. Kitchen Shape-Ups ❑ 6. Additions ❑ 9. Restorations

PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH THIS PRELIMINARY ENTRY FORM. SEND ONLY ONE PRELIMINARY ENTRY BLANK PER FAMILY.

Allow six weeks for delivery of final entry rules. The $3.00 P&H charge is waived for residents of AZ, MD, and VT.



When Our Van Is Outside Your Home Is Clean Inside.

The bright yellow ServiceMaster van delivers over 40 years of heavy-duty cleaning experience right to your front door. Every ServiceMaster van comes equipped with highly-trained professionals, the latest equipment and exclusive cleaning solutions. Together they get your furniture, carpeting, windows and draperies their cleanest.

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More From Your Utilities



SAVE SOME MONEY WHILE HELPING SAVE THE ENVIRONMENT, TOO.

Whether it's electricity, natural gas, or water, supplies are limited and demand is high. Utility companies are looking for ways to stretch their resources by offering customers incentives to conserve—otherwise, these companies face expensive expansion.

Among the incentives, for example, are rebates of up to $750 on new, highly efficient appliances. Potomac Electric Power in Washington, D.C., is offering its customers coupons good for 75 percent discounts on the purchase of compact fluorescent bulbs, which use as much as 75 percent less energy than standard lamps. Homeowners served by Pacific Gas & Electric in California may qualify for low-interest loans when they buy energy-saving insulation, windows, and appliances.

Tapping into savings depends largely on where you live. Programs are sponsored individually by the nation's thousands of local utility companies, so what is offered by one may not be offered by another.

What is available? Check for these programs:

Rebates. Before purchasing any major appliance or fixture for your home, check with your electric, gas, or water provider (depending on the type of equipment you are buying) for rebate offers. These can range from a few dollars for lightbulbs to as much as $750 for such equipment as water and energy-saving toilets, furnaces, heat pumps, refrigerators, and ranges.

Because rebates encourage buyers to shop for appliances that will use less energy, manufacturers, in turn, build more environment-friendly units. For example, rebates boost the sale of gas ovens and cooktops equipped with electronic ignitions. Eliminating pilot lights saves energy and saves the consumer about $28 a year on the utility bill.

Weatherization. Heating and cooling a dwelling consume enormous amounts of energy, so utilities have a vital stake in properly sealing homes. Many companies offer weatherization assistance through both rebate and loan programs for the purchase of such items as insulation, caulking, and energy-saving windows. These programs are even available from companies in Sunbelt states.

Many utilities also assist homeowners with rebates and discounts on energy audits, which measure how effectively heating, cooling, and insulation systems perform. With this information, a home weatherization strategy can be designed.

Low-interest loans. Replacing a heating system is no small investment. Many utilities help customers obtain funding for their projects as long as high-efficiency equipment is installed. In many cases, payments for these loans can be included in monthly utility bills.

Education. Many education programs help consumers indirectly, but they are nonetheless valuable. For instance, utilities assist contractors with training so they know how to install newer systems that will save homeowners' money.

Plugging in. So, how do you find out about these cost-savings in your area? Because these programs vary from state to state and from company to company, you'll have to investigate at the local level to see what's available. Offerings can even vary within a company. For instance, Washington Gas has some different programs available within the District of Columbia than for the homes it serves in Maryland.

Contact the residential marketing department of your electric, gas, or water departments to find out what programs are open for you. Watch utility mailings and company lobbies for new-program announcements and brochures. Also, if you are upgrading your home's systems, talk to your contractor about utility programs. Utility companies keep installers abreast of new offerings that will save natural resources and money on your monthly electric, gas, and water bills at the same time.

I Want To Help Keep His Skin Dry And Healthy Now.



© PEG 1994 Professional portrayal based on actual testimony.

Denese Rohmfeld, Pediatric Nurse
Methodist Hospital, Lubbock, Texas.

But I'm Also Concerned About What The World Will Be Like For All Our Babies 20 Years From Now.

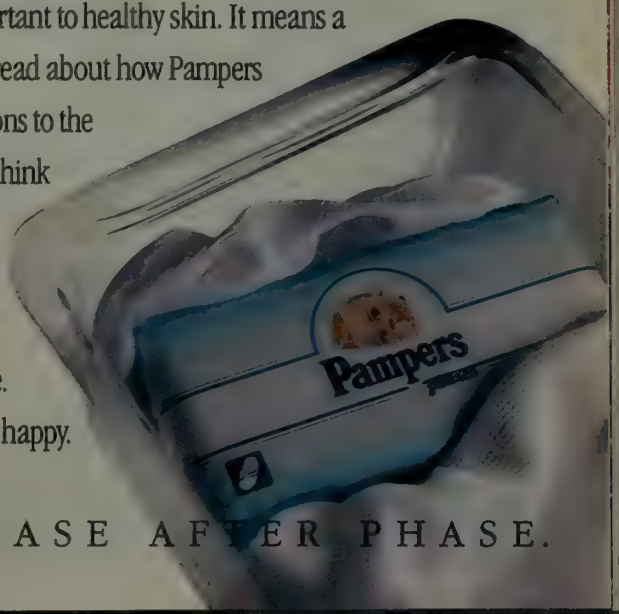
I want to make sure this baby's healthy and happy... and I'm concerned about the environment. Here in the newborn nursery at our hospital, where we ordinarily use Pampers Phases,™ we tried cloth for about six months. Cloth didn't work as well. The babies were irritable. With Pampers,® the babies stayed a lot drier. And dry skin is important to healthy skin. It means a very happy baby. And I've read about how Pampers is helping search for solutions to the landfill problem. I think that's wonderful. Because our babies deserve the best start in life. They deserve to be happy.



Pampers, with its super-absorbent core, keeps baby a lot drier than cloth!

PAMPERS AND THE ENVIRONMENT
In the last eight years, Pampers has reduced the bulk of its diapers almost 40% and cut packaging materials by 80%. We're now working with several communities to develop lasting solutions that will help keep diapers and other household trash out of landfills. For more information, call 1-800-866-0971.





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This innovative program helps link families and schools. Part of it—two 12-page special sections on reading and the family—ran recently in this magazine.

CHRYSLER LEARNING CONNECTION

We also sent a video, a poster and some innovative learning activities to 65,000 elementary schools.

As the sponsor, Chrysler Corporation is intensely proud of the program. But we're also proud of our partnership in this effort with the American Federation of Teachers and the Association for Supervision and Curriculum Development.

Together we're helping to make America a nation of people who love to read. Because readers are learners. They create the future.

aft
American Federation of Teachers

ASCD
Association for Supervision and Curriculum Development

Tips for First-Time Home Buyers

You want to bid apartment life good-bye, but you don't know where to begin. There are no magic tricks to finding that first home, just good old-fashioned grunt work and determination that eventually pay off. Here's a basic strategy that should ease your search:

Balance your budget. Before looking at properties or checking out home prices, figure out how much home you can afford. Start by contacting a banker or loan officer to learn approximately how much money you're qualified to borrow. Generally, your mortgage payment (including insurance and taxes) can account for about 28 percent of your total income.

That loan amount plus the cash you have saved for a down payment adds up to the top-price house you can afford. Don't forget to set aside some cash for closing costs—usually 2 to 3 percent of the home's price. Now, have your loan officer determine the approximate monthly payment, including property tax and insurance estimates. Plug that payment into your monthly budget to be sure you can really afford it.

Choose your trade-offs. Comb through home guides and classifieds, talk with real estate agents, and drive through neighborhoods looking for "For Sale" signs to see how much home your money will buy. You still haven't gotten to the active shopping stage yet, you're just trying to see what homes cost in a variety of neighborhoods.

Maybe you can afford a condo in a prime close-in location, a townhouse in a newer suburb, or a decent single-family house 40 miles from the city. Or, search for a fixer-upper in a neighborhood of your choice. Each option has advantages and drawbacks. The bottom line is to decide what trade-offs you're willing to make.

Nose around the neighborhood. Let's say you've chosen to look for a bungalow or ranch house in an older blue-collar neighborhood. Before you get set to buy something, do some additional in-depth research. Talk to potential neighbors, check crime statistics, and drive around during the day and night to get a real sense of the character of the area. Be sure to check with city and county officials to see if any troublesome new development is planned nearby (such as a new freeway through the heart of the neighborhood).

Rely on a resourceful Realtor. Now that you know your budget, the type of house you want, and the neighborhood, find a real estate agent who will find what you want.

Expect your real estate agent to keep close tabs on the market and to let you know as soon as a house that meets your needs goes up for sale. Speed is crucial in the entry home market where good houses are often grabbed right away.

Stay involved in the process. Even with a real estate agent helping you, it's best to take an active approach in finding your first home. Tour open houses to get a feel for what is available. Read the classifieds. And drive the streets you like looking for "For Sale" signs. Don't get discouraged. It may take a lot of effort, but buying a home will most likely be worth all the trouble. ⌂

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CHRYSLER Plymouth

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*Sales comparison to other manufacturers' minivans. ‡Federal Passenger Car Safety Standards. Excludes sunscreen glass. †Based on option discounts, package savings & consumer rebate. Dealer has details.



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It runs counter to everything yo know about microwaves.

Profil

We bring good things



Cozy Contemporary

Crisply tailored lines and a roomy floor plan make this house a pleasure to look at and to live in. Careful placement of small windows in front gives you an extra measure of privacy. In the rear, large windows line up in rows for generous views of the deck and yard. A vaulted great room and towering fireplace form the core of the downstairs living area. By incorporating an open kitchen next to the dining room, you can cook and entertain at the same time. The first floor master suite includes a tray ceiling and a space-efficient bathroom area with a skylight over the tub. The upper level packs in plenty of space for a big family thanks to two kids' bedrooms and a den.



First floor: 1,671 sq. ft.
Second floor: 550 sq. ft.
Total living area: 2,221 sq. ft.

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1. Determine the number of plans desired and calculate the price from the listings in the next column. Add sales tax* plus $12 for postage and handling.
2. Specify plan no. S-51391.
3. Send name, address, and check, money order, or credit card information to: BH&G/HomeStyles, 272 Market St., Suite 521, Minneapolis, MN 55405; or, call 800/848-8906. Blueprints and study plans are not returnable. Please double-check the plan numbers when ordering.

SET OF SEVEN $395
SET OF FOUR $365
ONE HOME PLAN $320

If you're not ready for full blueprints, try our Study Plan, $29.95 postage paid.

This one-page blueprint shows floor plans, four elevations, and kitchen and bath details. Study plan payment is deductible from blueprint cost.

*TAX NOTE: We are required to collect and pay state taxes in AL, AR, CO, CT, FL, ID, IL, IN, KS, MD, MA, MS, MO, NJ, NM, PA, and WI. We are required to collect and pay state and local taxes in CA, GA, IA, MN, NE, NY, NC, OH, TN, TX, VA, WA.

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BUILDING

Remodeling Stress-Busters

You've lined up the money and signed off on the plan. But an army of tradespeople laying siege to your home can start kids squawking, dogs barking, and neighbors talking. Here's our list of things to do to keep your sanity and prevent aggravation during a remodeling.

Prepare the family. Explain to any kids in the household what's about to take place and why. Construction sites are always dangerous, so make sure the kids know to stay clear. Put in temporary doors or gates to keep toddlers and pets out of unfinished areas.

Inform the neighbors. Noise, debris, and curbside traffic jams are all part of a remodeling. If you have neighbors nearby, it can't hurt to warn them. Ask if they have any concerns. They may have a baby that needs a quiet nap or a pet that needs to be kept inside during your work. To keep things friendly, offer to let your neighbors use your construction dumpster or pick over your scrap pile. Throw a party when you're done.

Be nice to the crews. Have coffee and doughnuts to offer them in the morning. Then leave them alone. If you have questions or changes, talk to the person you signed the contract with, not the subcontractors.

Set guidelines. After several weeks, even the nicest tradespeople in your house can become aggravating. For peace of mind, and to avoid confrontations later, talk to your builder about starting and quitting times, loud music, bathroom access, and daily cleanup.

Discuss material storage. On jobs that take more than a few days, the storage of construction materials in your home, garage, or driveway can be a nuisance. Explore alternatives with your builder beforehand.

Protect valuables. Chances are the first crew in on a remodeling will be there for demolition or rough framing. Don't tempt fate and expect them to tiptoe around a lot of expensive cut crystal. Move antiques, furniture, and anything breakable yourself before work begins.

Increase security. The vast majority of contractors are trustworthy. On rare occasions they may hire a helper who is less so. At a minimum, keep valuables locked up. If you can't be at home while the work is being done, find ways to limit access with your builder.

Be nice to yourself. Budget some extra money for rest and relaxation. Take a few day trips to get away. Go to the movies or visit friends in the evenings. And, at least once a day, think about how great everything will look when it's done.

CARPET QUICK FACTS BUYING GUIDE

CARPET

Nothing Looks Like It, Feels Like It, Performs Like It.



ADVERTISEMENT

Nothing brings a room to life like wall-to-wall carpet. It can create a whole new personality for your home. Carpet can make a small room seem larger, a large room feel cozy, or fill a dark room with light. And, of course, area rugs provide a fascinating way to warm up wood, tile and other hard surface floors.

Carpet not only looks pretty, it works hard for you, too. It absorbs sound. So it's a beautiful way to cut down on noise. Its natural insulating qualities can reduce heating and air conditioning costs. And carpet has built-in features to help prevent slips. It can also provide a cushioning layer of comfort underfoot. Of course, today's "miracle fibers" are designed to resist stains, so cleanup can be quick and easy.

Selecting the right carpet for the right room in your home requires some basic information. *Here are some helpful "Room-by-Room" selection tips.*



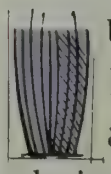


The Dining Room

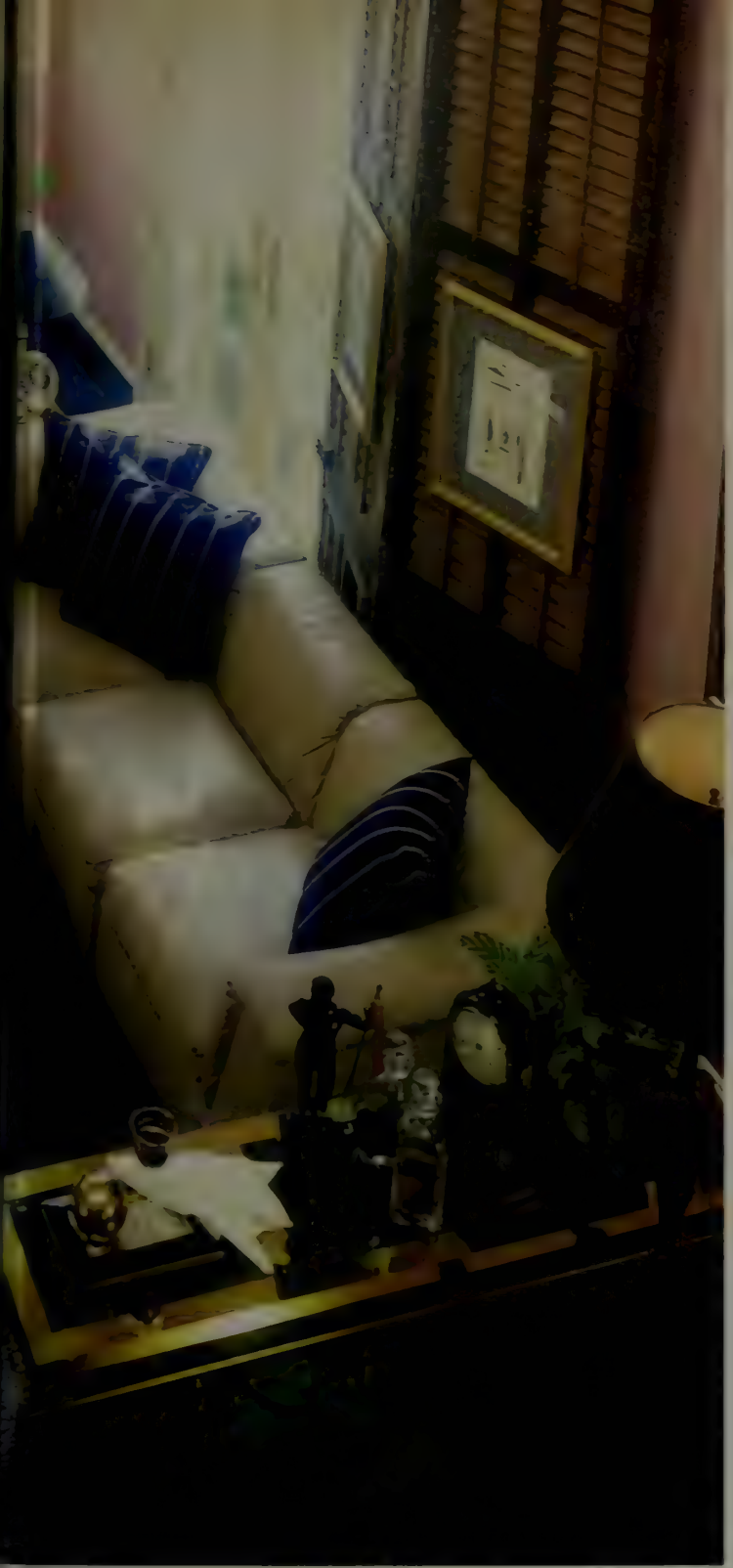


Practicality is key in this area. Carpet with built in "stain resist" works well. Durable saxonies are a good example of carpet that combines beauty with practicality.

The Living Room



Usually the focal point of your home. Lush, cut pile velvets and plushes are very popular choices for this "lower traffic" area. Deep pile carpet covers a room with luxury. After all, this is an area of "first impressions."



The Bedroom

One place you can let yourself go. It's your own private world. So why not relax and sink into a deep plush carpet that cushions your every step in luxury.

What about the cost of all this beauty? Today, carpet is a better value than it's ever been. And the quality has zoomed light years ahead.

Want to know more?
Just turn the page for our handy

Carpet Quick Facts

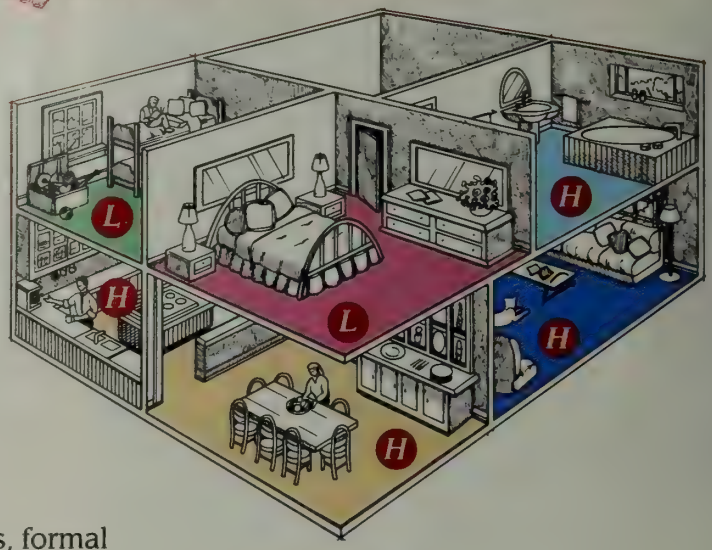
and you too can select carpet like a pro.

The Family Room

Since your whole family spends a lot of time in this "high traffic" area, you'll want carpet that can stand up to wear *and* resist stains. Tight level loop and cut and loop are two examples of what can work well here.

Carpet Quick Facts

Choosing The Right Carpet



H. HIGH TRAFFIC AREAS In dining areas, family rooms, or all-purpose areas, carpet with built-in stain resist helps the cleanup of spills. For these and other high traffic areas (stairways, hallways, etc.), choose a durable, dense cut pile (plush or saxony), a tight level loop or a cut and loop carpet.

L. LOWER TRAFFIC AREAS In bedrooms, formal living rooms, and other "private" areas, you can relax and use deep pile; lush, plush, velvet carpet or any of the textures that provide a wonderful sense of luxury.

Carpet Quality

The type of fiber and the method of construction determine how well a carpet will perform and how well it will keep its original appearance, given normal care. Quality depends on:

DENSITY The amount of yarn used. Bend the carpet and note how close the individual tufts are to each other and how much of the backing is exposed. Press down with one finger and see how easy it is to penetrate to the backing.

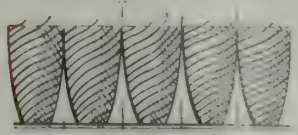
TWIST The winding of the yarn around itself. The cut ends should be neat and well defined and not blossom at the ends. The twist is set by heat or steam so the yarns can maintain their original look.

Construction and Texture

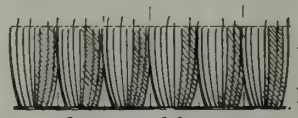
Tufted carpet is made by a process in which hundreds of tufts are embedded into a backing material. Varieties include:



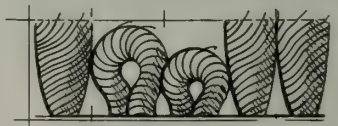
LOOP PILE The yarn forms a loop with both ends anchored into the carpet back...Loops are of equal height and uncut, creating a smooth level surface; or uneven, creating a textured surface. Berber is one example of loop pile.



CUT PILE VELVETS AND PLUSHES The top of the yarn is cut, leaving two individual tufts. This creates a luxurious level [illegible]



SAXONIES Use yarns of two or more ply twisted together and heat-set to lock in "twist" so each tuft is visible in the surface.



CUT AND LOOP PILE A combination of cut and looped yarns that creates a variety of textures, including sculptured effects.

CRI

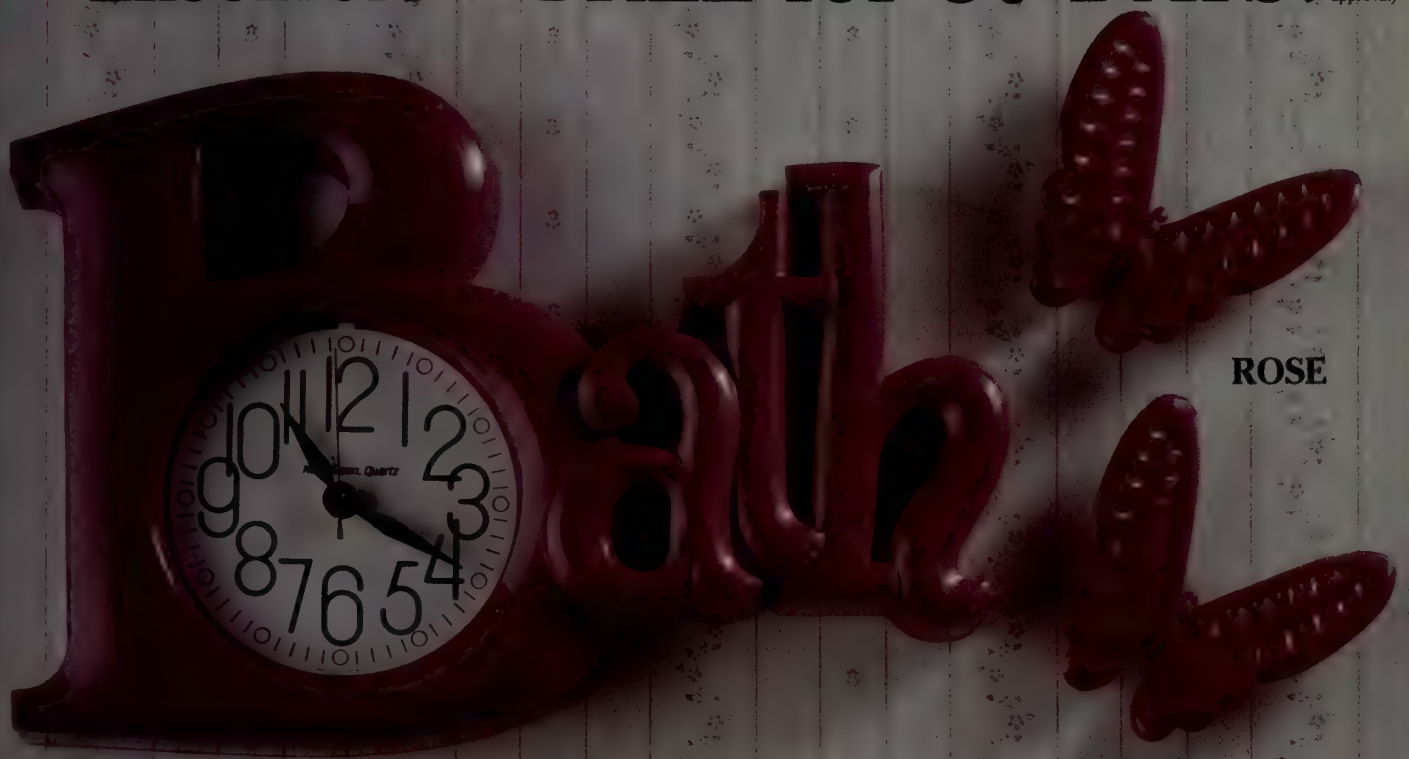
The Carpet and Rug Institute

The National Trade Association Representing Manufacturers & Suppliers in the Carpet & Rug Industry

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If I am delighted with my Bath Clock Ensemble at the end of my 30-day Free Trial, I agree to pay the cash price of $19.99 plus shipping and handling (total cash price of $26.76)in 3 monthly payments of $8.92 each. Sales or use tax will be added where applicable. I understand that I may return the Clock Ensemble at my expense if I am not completely satisfied at the end of my 30-day Free Trial. The Free Gifts are mine to keep. This order is subject to approval of my credit by Fingerhut. This offer is good in the USA only, including APO/FPO.

Please Sign ✓ _____

***ORDER TODAY!* Satisfaction Assured!**

Ottoman Slipcover

Cozy up a room in a hurry with the soft touch of a skirted ottoman cover you sew yourself.



Materials: Square ottoman, enough fabric to cover it (see measuring and cutting instructions below), piping, and snaps or hook-and-loop tape.

Instructions: Unless otherwise stated, sew with right sides together using ½-inch seam allowances. This slipcover is made from three separate pieces: the top, the band, and the skirt.

Measuring and cutting: Measure length and width of ottoman top surface. Add ½ inch to each side for seam allowances; cut out top piece.

For band width, measure cushion depth; add 1 inch to allow for seams. To determine band length, measure around ottoman sides (perimeter); add 6 inches for cover opening. From fabric, cut band strip. (You may need to cut two or more strips and piece them together to complete the needed length.)

For skirt width, measure from bottom of cushion to floor. Add ½ inch for seam allowance and 2½ inches for hem. Double the ottoman perimeter measurement for skirt length. Cut and piece skirt.

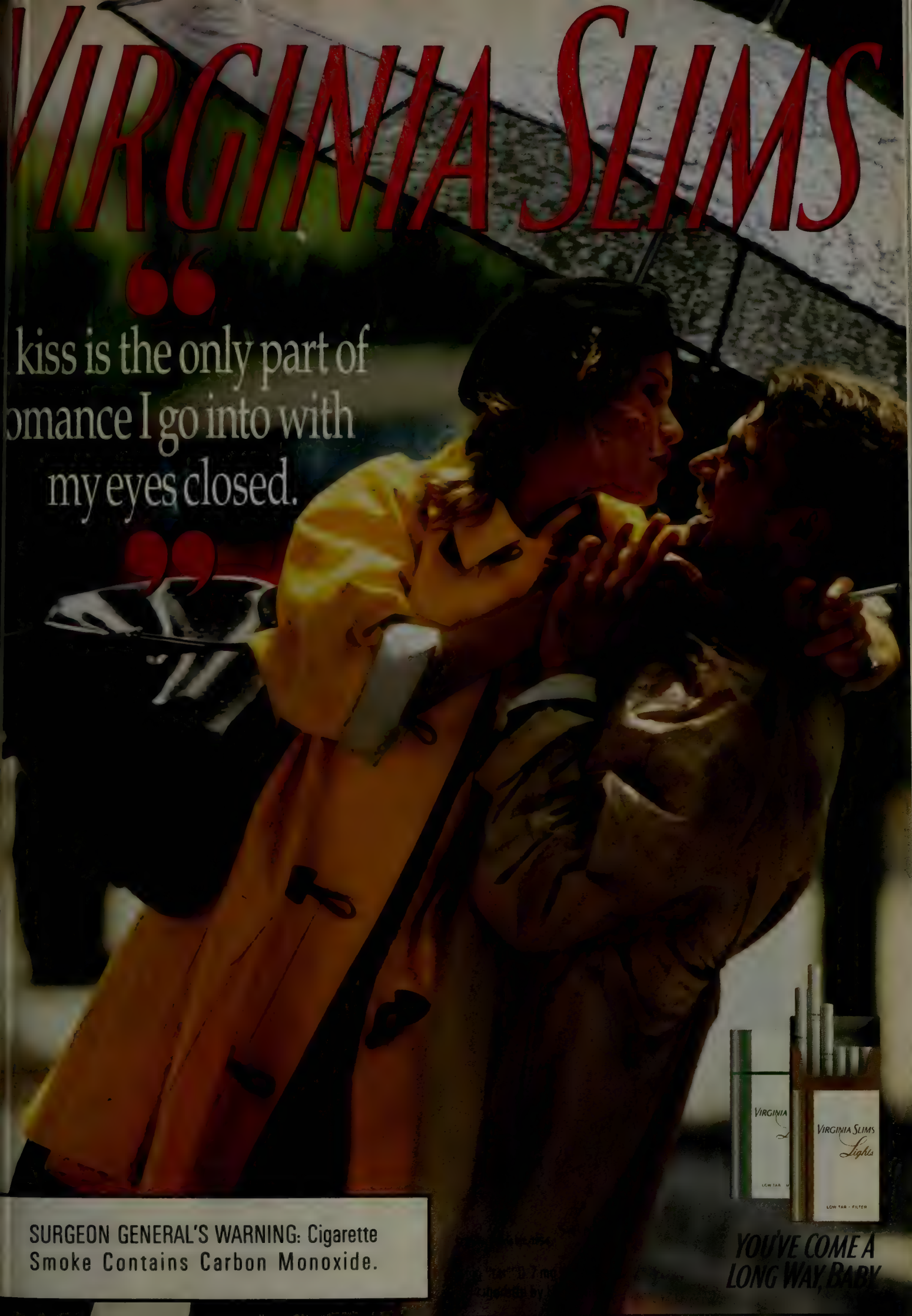
Using ottoman perimeter measurement plus 4 inches, prepare two pieces of self-covered fabric piping from remaining fabric .

Assembly: Beginning and ending 1 inch short of each end, sew piping to edge of ottoman top. Then sew remaining piping to lower edge of band piece.

Sew gathering thread along upper edge of skirt to within 2½ inches of each end. For skirt hem, turn under ½ inch, then 2 inches; sew.

With raw edges even, fit gathered edge of skirt to piped edge of band; sew in place.

On each edge of opening, turn under 1 inch twice; sew in place. Fit band/skirt piece to ottoman top overlapping opening edges approximately 1 inch. Position the opening in the middle of one side (see photo inset). Sew snaps or hook-and-loop tape to opening edges as needed.


VIRGINIA SLIMS
"
kiss is the only part of
omance I go into with
my eyes closed.
"
VIRGINIA
VIRGINIA SLIMS
Lights
LOW TAR · FILTER
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Smoke Contains Carbon Monoxide.
YOU'VE COME A
LONG WAY, BABY.

What To Do When Your Life Starts To Stink.

Clorox® Bleach is all it takes to wipe out the smells of everyday life.

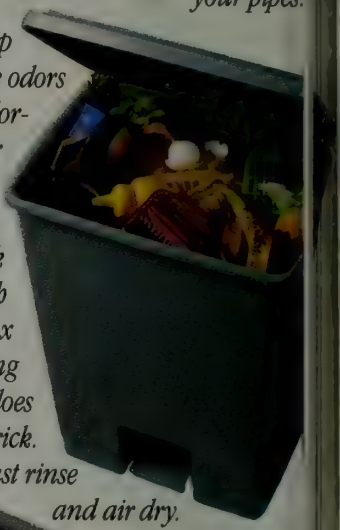


Everyone knows that smells here spread all over the house. Fortunately, getting rid of litter box odors is as easy as washing your empty litter box with Clorox Bleach Cleaning Solution. Just rinse and dry afterward.*



Here's how to keep your disposal smelling fresh. Just fill your sink with the Cleaning Solution. Drain and let the water run for a minute to really rinse your pipes.*

Let's face it, this pail collects odors along with those diapers. But wiping out the smell is as simple as filling your five gallon diaper pail half full of water. Then, just add 2 cups Regular Clorox Bleach. Let it stand for 2 minutes before you rinse and dry.



To keep garbage odors away, deodorize your trash can every week. A quick wash with the Clorox Cleaning Solution does the trick. Just rinse and air dry.*



Between spilled milk, old veggies and forgotten leftovers, it's hard to find a place in your refrigerator that doesn't trap odor-causing smells by [illegible] and drawers with Clorox Cleaning Solution.

***Clorox Bleach Cleaning Solution**

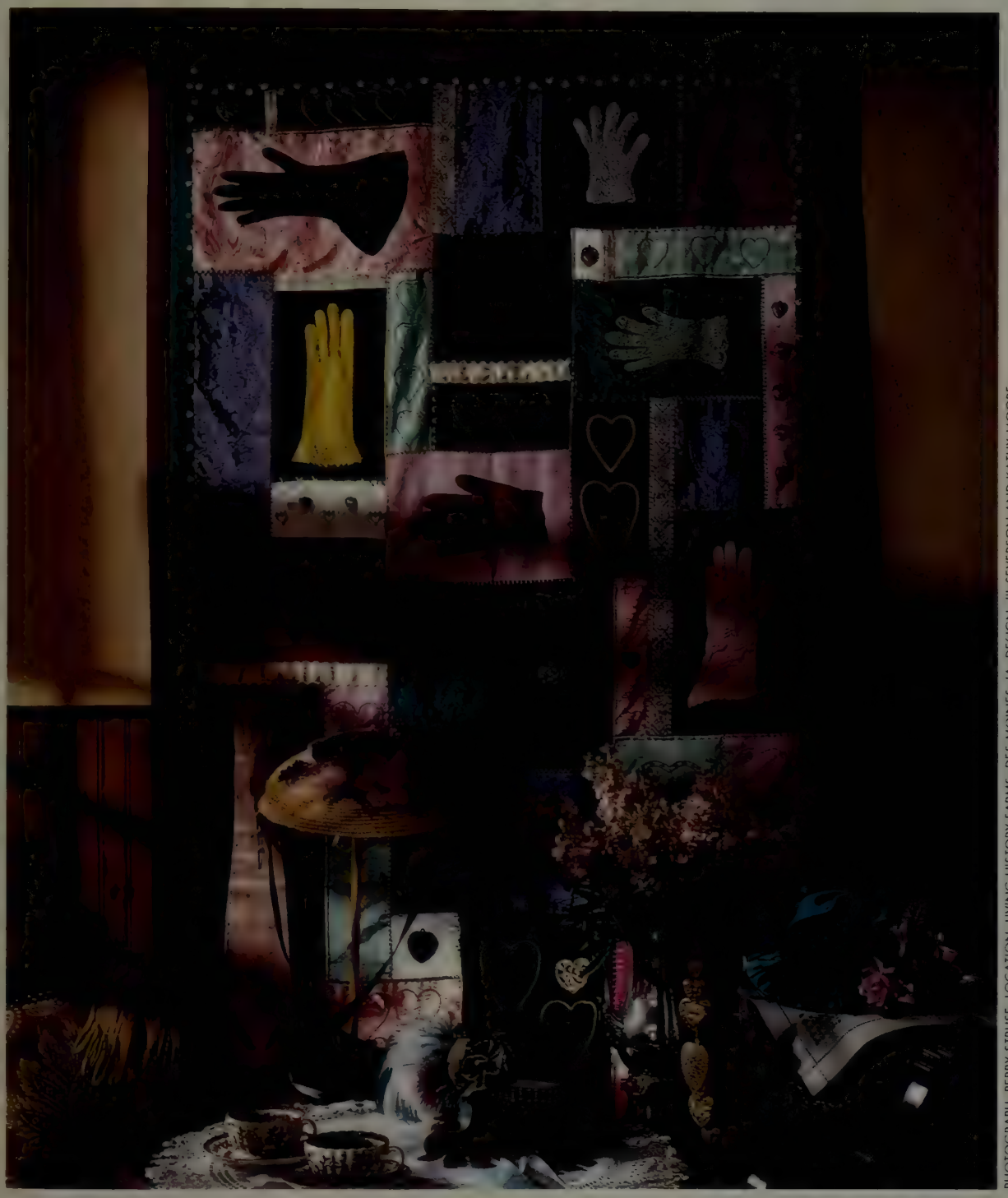
- Mix one gallon of water with ¾ cup Regular Clorox Bleach.
- Always rinse items before washing and then let solution stand for 2 to 5 minutes. Rinse again with water and air dry.



The Simple Solution For A Healthy Home.

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Hearts & Hands Quilt



PHOTOGRAPH PERRY STRUSE. LOCATION, LIVING HISTORY FARMS, DES MOINES, IA. DESIGN JIL SEVERSON AND KATHY MOORE

Elegant gloves, embroidered hearts, and delicate charms join together in a modern-day adaptation of an old crazy quilt. Proudly display gloves and trinkets from Grandma's dresser drawer, or check antiques shops and flea markets for more vintage treasures. Fill out the blocks with lacy reproductions for a good-as-old look.

Instructions begin on page 88. Buying information, see page 170.



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Hearts & Hands Quilt

continued from page 87

Materials: 8–12 gloves; assorted moirés, velvets, failles; embroidery floss in coordinating colors; 2 yd. 45-in.-wide muslin for base fabric; 2 yd. 45-in.-wide fabric for backing; 1¾ yd. fabric for inner border; 2 yd. fabric for outer border; heart-shaped charms; clear nylon thread; scraps flat braid or ribbon; tissue paper; graph paper.

Instructions: Size of quilt on *page 87*, 42½×67 in. Quilt size will vary depending on number and size of gloves used. *Note:* If gloves are not available in desired colors, dye white gloves with fabric dye.

Because size and number of gloves will vary, each quilt will be different. Using graph paper, determine size and color of each glove block. Cut out graph paper blocks; arrange as desired. Fill in quilt top with rectangles, squares, and strips to represent different fabrics and ribbons. Cut shapes from fabrics, adding ½-in. seams. Arrange fabrics on muslin base.

Glove blocks: Center gloves on appropriate blocks. Appliqué in place using 3 strands floss and embroidery stitches. Stitches used for quilt on *page 87* were running, buttonhole, lazy daisy, open lazy daisy, and French knots.

Embroidered blocks: Make heart patterns by cutting desired heart shapes from tissue paper. Pin heart patterns to appropriate blocks. Embroider around patterns using 3 strands floss and [illegible] stitches. Remove patterns. Stitches used were backstitch, buttonhole, chain, whipped chain, French knot, couching, running, outline or stem, and lazy daisy. Leave some blocks plain for the later addition of charms.

Assembly: Place blocks on muslin base; mark outer seams on muslin. Starting in lower left corner, baste block to muslin, wrong sides facing and seam lines matching. Lay next block on muslin, right sides facing, so right seam line of first block aligns with left seam line of second block. Sew in place; turn block so wrong side faces right side of muslin and seam line is encased. Baste remaining seam lines to muslin. Continue piecing top in this manner. Sew braids and ribbons over seams-as desired. Embroider seams between blocks in desired colors and stitches such as backstitch, buttonhole, chain, whipped chain, lazy daisy, couching, cross-stitch, parallel featherstitch, French knot, herringbone, outline or stem, running, and straight stitches.

Borders: Cut two 2½-in.-wide inner border strips to fit top and bottom; sew in place. Cut two 2½-in.-wide strips for sides; sew in place. Apply 2½-in.-wide outer border strips in same manner.

Cut backing to fit top. Add rod pocket across top if desired. Sew top to backing, leaving opening for turning. Turn to right side; slip-stitch closed. Baste top to back. Stitch-in-the-ditch with clear nylon thread.

Finishing: Trim inner border seam with embroidery. Sew charms in place with clear nylon thread. ♦

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HANKIE TABLE RUNNER
Colorful hankies from Grandma's dresser drawer line up point to point, forming a cheery table runner. Iron-on interfacing fuses them together for a quick and easy no-sew project. *Instructions begin on page 98.*

crafts from grandmother's house

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by Jilann Severson

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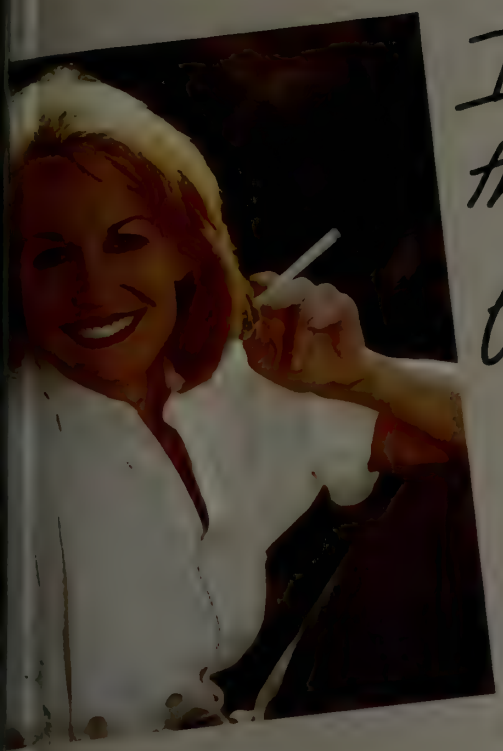
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ROLLED PAPER FRAME

Let nothing go to waste—that was one of Grandma's rules. Slick, colorful pages from catalogs and magazines often cannot be recycled. To use them the old-fashioned way, mix colored pages with white paper for an original diffusion frame. Granny may have used the technique to make comic-strip necklaces when she was younger. *Instructions begin on page 98.*

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grandmother's house

continued from page 96

The best part about our vintage crafts? You can make use of items found around the house or that can be picked up locally for a song. Check flea markets, forgotten drawers, and attics for vintage fabrics, or save paper scraps from the trash bin. What a beautiful way to recycle!

HANKIE TABLE RUNNER

page 94

Materials: 9 square handkerchiefs; 2 yd. Wonder-Under transfer web; 2 yd. 18-in.-wide fusible medium-weight interfacing; spray starch.

Instructions: Note: Size of runner will vary according to size of handkerchiefs. Material amounts are figured for large handkerchiefs; any excess transfer web and interfacing may be saved for later projects.

Press and starch handkerchiefs, stretching to shape squarely.

For underneath layer, fold 4 handkerchiefs in half diagonally with the prettiest corners unfolded. Measure 8 in. down from point. Mark cutting line parallel to fold; cut along line.

For top layer, fuse transfer web to wrong side of remaining handkerchiefs. Trim excess transfer web.

Finger-press interfacing in half lengthwise and crosswise. With adhesive side up, mark interfacing 7, 14, 21, and 28 in. at left of crosswise fold and 7, 14, 21, and 28 in. at right of crosswise fold.

Lay underneath handkerchiefs on interfacing so cut edges align with lengthwise crease and points align with 7- and 21-in. markings.

Position 2 hankies so points align with 14-in. marks; fuse in place. Position remaining 3 hankies so points align with center and 28-in. markings; fuse in place.

Trim excess interfacing away from runner.

ROLLED PAPER FRAME

page 96

Materials: Colorful pages from magazines or catalogs; white lined or plain paper; 13⅜×15½-in. piece heavy cardboard for base; 13⅜×15½-in. piece lightweight white cardboard for decorative top; 10×12-in. piece heavy cardboard for back; round toothpicks; white or crafts glue.



Scraps of paper cut into triangles wrap around toothpicks to form small tubes. Glue the tubes in a simple pattern for a fool-the-eye frame.

Instructions: Finished size, approximately 13⅜×15½ in.; opening size, approximately 8⅜×10¾ in.

Note: Frame is triple layers of cardboard: first layer (lightweight white) forms decorative top; second layer forms backing for top; third layer forms backing for opening and inserted picture.

Paper rolls are made from equilateral triangles of graduated sizes. Rolls are glued to cardboard to form each square. Inner and outer borders are made from large triangles cut to fit inner and outer edges of frame.

To make equilateral triangle, draw base length (for example, 1⅞ in.) onto paper. Find center; draw perpendicular line 1⅞ in. up from center.

Use ruler to connect top of perpendicular line to end of baseline. Repeat on remaining side. Resulting triangle should now have 3 equal sides.

To form triangles into rolls, rol tightly around toothpick starting a 1 point; secure with glue.

For top layers: Cut 8¾×10¾-in openings in top 2 layers, centering Make large triangles from colore pages to fit inner and outer edge of top 2 layers; glue in place.

Note: Two inches should remai open between inner and outer roll of paper.

For squares: Each square measure approximately 2 in. Each corne square is made of all colored paper Remaining squares have colore paper on 2 sides and white pape rolls on 2 sides.

For each square except corne squares, cut 2 equilateral triangles c colored paper in each of th following sizes: 1⅞ in., 1½ in., 1⅛ in ⅞ in.; cut three ½ in. triangles. Fro white paper, cut 2 equilatera triangles in each of the followin sizes: 1⅝ in., 1¼ in. ⅞ in., ½ in. Ro and glue as described above; se aside, grouped into 18 sets o squares.

For 4 corner squares, cut and ro triangles as described above, usin all colored paper.

Cut 22 squares from colore paper, each measuring 2×2 in. Ro 2×2-in. squares in same manne beginning with one side.

Glue square rolls to top laye perpendicular to borders and space 2 in. apart. This forms divide between each decorative square.

Glue colored paper rolls insid square beginning with largest ro and working toward center from to and bottom.

Glue white paper in same manne as colored paper rolls, workin toward center from sides.

Center backing over opening o wrong side; glue in place on 3 side If desired, cover entire back wit collage of colored papers and tri exposed edges with additional rol of colored paper.

When glue is dry, slide pictu between top layers and back picture frame.



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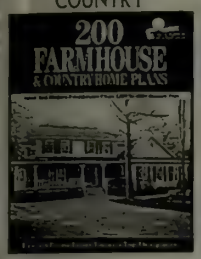
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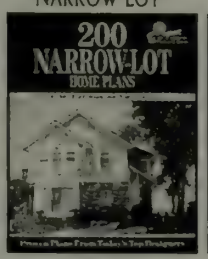
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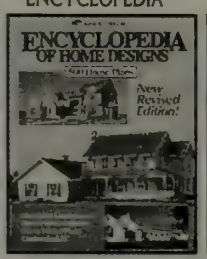
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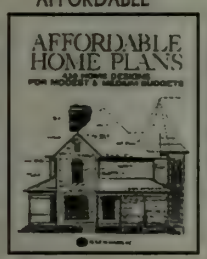
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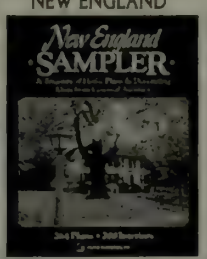
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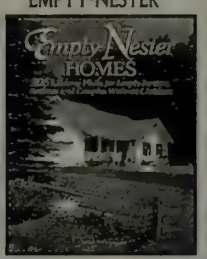
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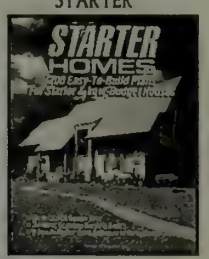
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BHM45

by Steven Greenhut

A Deck of Distinction

Paying attention to the details can turn a typical backyard deck into something terrific. Little ideas helped this deck meld beautifully into the home's architecture and become a great place to enjoy fair-weather days. Here's how you can deck out your house.

DECK GATE AND TREADS

The gate at the top of the stairs, needed to keep Fido from frolicking in the yard, perfectly matches the balustrade. By allowing the redwood floor decking and stair treads to weather, the deck acquired a patina that naturally blends with the home's settled-in appearance.

SHAPE AND COLOR

An L-shape stairway with a landing is an attractive alternative to a long, straight set of treads. When it comes to decks, color too often comes as an afterthought. The homeowners purposefully selected a white-painted railing to meld artfully with the stucco home's wood trim.



THE EXTRAS

Lush plantings and a natural flagstone walkway enhance the deck's always-been-there feeling.

RAILS AND SUPPORTS

The key to this deck's distinction is the traditionally styled and finished railing that serves as an extension of the home's stately architecture. The finely crafted appearance isn't all that complicated. The railing is assembled from a variety of stock lumber items. Hefty capped support columns, thick balusters, and a routed-out handrail create a solid, rather than spindly, appearance.



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PHOTOGRAPH: PETER KRUMHARDT

—by Douglas A. Jimerson and Julie A. Martens



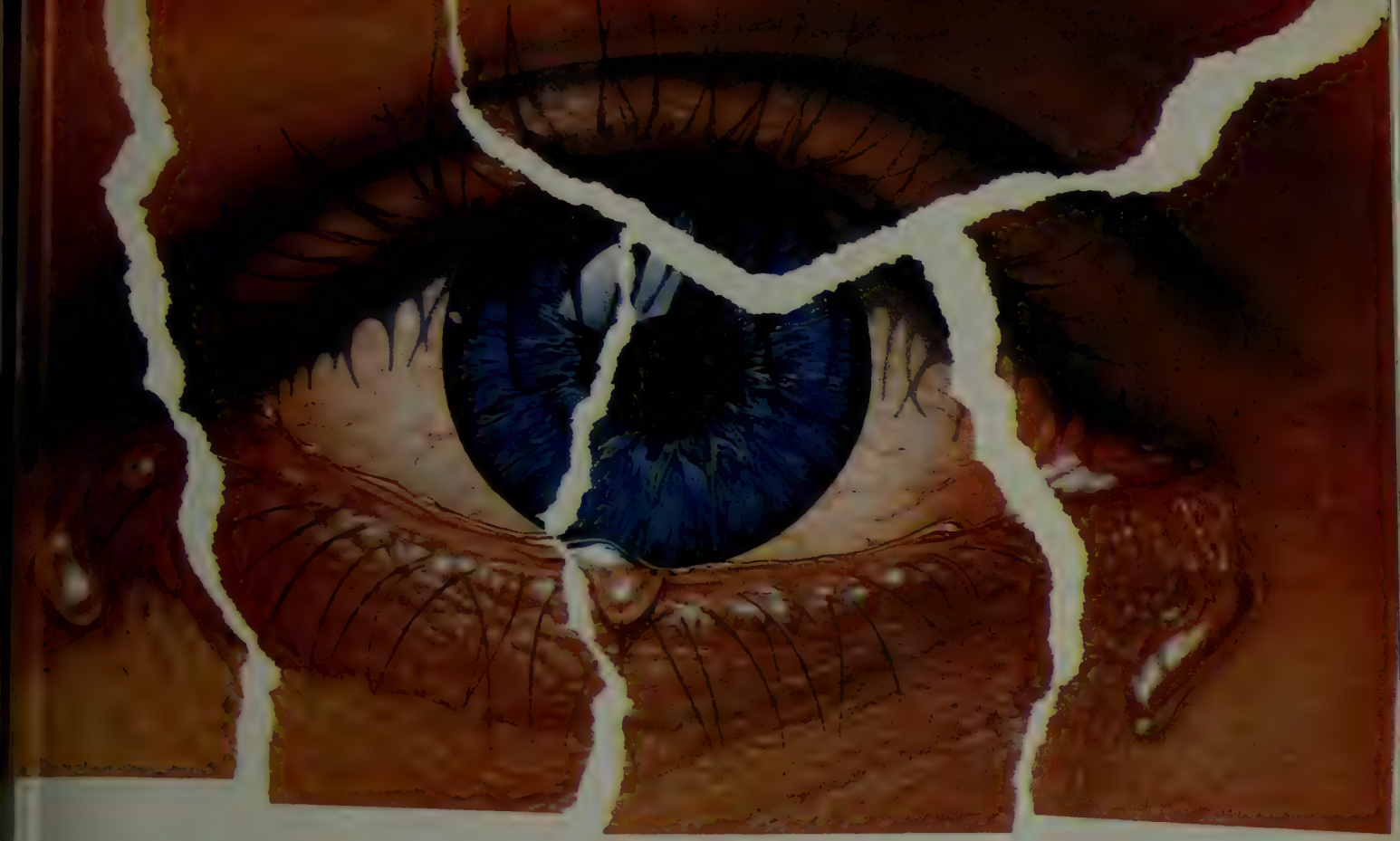
Summer star. Pentas (Egyptian Star-Cluster) won't wither in summer's heat, but will yield drifts of bright blooms with only moderate watering. Flowers come in a range of hues—pink, lavender, white, and red. You can buy pentas as an annual in garden centers or grow it yourself from seed. To order seed, call Park Seed in Greenwood, South Carolina, at 803/941-4480.

continued on page 108

NO-FAIL FLOWERS

Count on Asiatic hybrid lilies to add easy-to-grow color to your garden border. Plant bulbs now and you'll have flowers this summer. The disease-resistant bulbs can produce up to 12 blooms and will survive wintry blasts up to 30 degrees below zero. Flowers come in a wide range of colors; the orange variety pictured is Enchantment. To order Asiatic lilies, call Dutch Gardens, 908/780-2713.





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gardener's almanac

continued from page 106

EASY RAISED BEDS

You don't need a lot of time or space to create a raised-bed garden when you use Packer Plastics, Inc.'s new E-Z Border Garden and Landscape System. It includes stakes and brackets to make a four-sided bed of any dimension. All you need to construct



this raised bed are lumber, a tape measure, and a mallet. Look for E-Z Border kits in local lawn and garden centers or home building stores, or contact Packer Plastics, Inc., 2330 Packer Road, Lawrence, KS 66049.



A floral entry. Add flower power to your garden gate by topping it with flower boxes filled with a mix of sun-loving annuals, *above*. The planter boxes contain a built-in self-watering system for low-maintenance. Petunias, marigolds, verbena, and gazania turn the fencetop into a bright medley of color.

TEST GARDEN TIPS

Colorful containers. Try decorating your front porch with flower-filled pots. Phyllis Cole, our test gardener in Osterville, Mass., says gardening in 8-inch and larger containers is a great way to create miniature, movable gardens. Unfortunately, a large pot filled with soil is heavy and difficult to move. Phyllis keeps her container gardens lightweight by filling the bottom half to one-third of





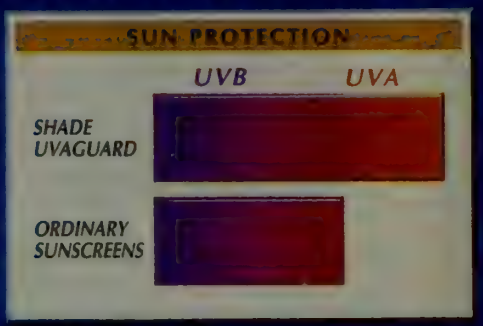
the pots with empty aluminum cans.

Some of Phyllis's favorite container gardens bloom with the Asiatic lily varieties Aristo, Eloise, and Stargazer. To grow your own potted lilies, plant 8 bulbs in an 8-inch pot in late April. Insert a wire stem support as you plant the bulbs. When foliage appears, move the pots to center stage for a colorful floral show.

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Duracotta Pot & Saucer: *This plastic pot and saucer have the look and feel of clay but without all the chipping and cracking. Available in terra-cotta and stone.*

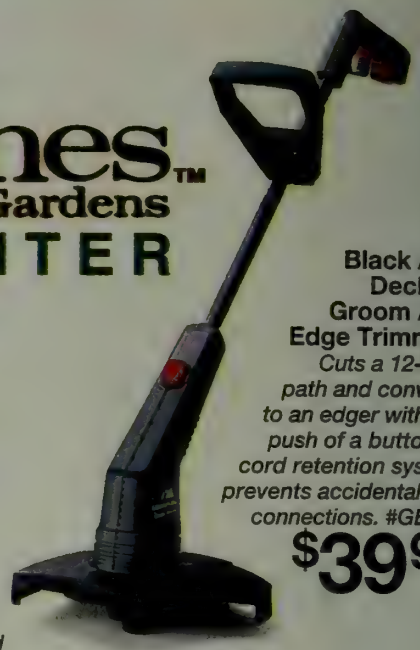
#DC14TC 14" Pot **$3.47** *#DC12TC 12" Pot* **$2.50**

#SDC14TC 14" Saucer **$1.47** *#SDC12TC 12" Saucer* **$1.00**



Better Homes and Gardens™ 5/8"x 100' Reinforced Garden Hose: *Double reinforced to withstand 800 lbs. of pressure, but coil easily year-round. #WM58100*

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Black And Decker® Groom And Edge Trimmer: *Cuts a 12-inch path and converts to an edger with the push of a button. A cord retention system prevents accidental disconnections. #GE600*

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Miracle-Gro® 5 lb. All-Purpose Plant Food: *For flowers, shrubs, trees and house plants. Just mix it with water and it goes to work instantly. #G13*

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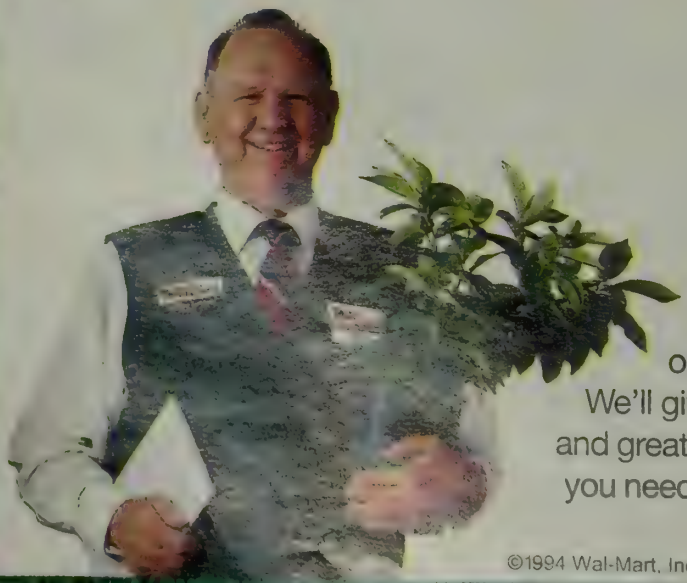
Miracle-Gro® No-Clog-2 Feeder: *For lawns, shrubs and flowers. The feeder automatically mixes with water and comes with 1 lb. of all-purpose plant food. #F402*

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Dappled shade provides the perfect environment for hosta, ferns, and ivy. Terra-cotta pots of white-flowered begonias sizzle as bright accents tucked into this welcoming entry garden.

PHOTOGRAPH: JUDITH WAITS, REGIONAL EDITOR: BONNIE MAHARAM

made-in-the-shade gardening

Shade stymies most gardeners, but there's really no need to give in to frustration. With the right design and the right plants, you can transform a shady problem space into a flower-filled wonderland. There are many plants that will brighten a dark corner with blooms, and we've put together our own shade garden to show you some of the choices. Use our tips in your shady spots, and in no time at all, you'll find your garden is made in the shade.

by Julie A. Martens and Douglas A. Jimerson



An English landscape is notoriously shady, so try creating that look in a shaded spot. Here, blooming boughs of a hawthorn cast enough shade for a rambling ground cover of forget-me-not and thyme. Well-groomed clumps of English lavender thrive in the sunny area near the fence.





Feathery Lady ferns make an impact, especially when paired with a flowery mat of forget-me-nots.

shade gardening

No matter what your shady situation, there's a garden solution you can implement with success. Whether the shaded beds overflow with flowers or foliage, the final result will be cool and relaxing. You'll be surprised at the number of plants that actually thrive in shade—there's one to fit every landscape need.

For a patch of lawn that's mostly bare soil under a tree, try planting a ground cover. *Vinca minor*, epimedium, Beacon Silver lamium, ajuga, lungwort, and liriope have shallow roots that can survive in the little soil tree roots don't invade. Better still, you'll find that these ground covers require less maintenance than a lawn.

To add height and texture to a shady corner, consider ferns. Clustered together, ferns convey romance and whimsy in a hardy package.

You can lighten shade cast by trees with a pair of pruning shears. Thinning a foliage canopy allows more sunlight to filter through the treetops. You may suddenly discover sunny patches in



PERENNIALS FOR SHADE Count on perennials to paint your woodland landscape with a variety of foliage textures and a rainbow of flower colors that come back year after year. Some of our favorite perennials include (clockwise from bottom center) sweet woodruff, wild ginger, shooting star, astilbe, coralbells, bleeding-heart, hosta varieties, foamflower, mayapple, and ferns.

PHOTOGRAPHS (LEFT AND ABOVE) JAY GRAHAM; (INSET RIGHT) PETER KRUMHARDT





PHOTOGRAPH: STEPHEN CRIDLAND. REGIONAL EDITOR/GARDEN DESIGN: CATHY HOWARD

Foxgloves and mallow tower above a redwood-bark path in this shady, 12-foot-wide floral tapestry, left. *Impatiens, columbine, cranesbill geranium, begonia, and coralbells embroider the garden with annual and perennial blooms. Ajuga, campanula, and lungwort scramble over the wall.*

Fast-spreading sweet woodruff, top right, *carpets this shaded bed with a frothy drift of white. Hosta, bleeding-heart, and Lady's-mantle float above the woodruff. A birdbath framed by rhododendrons and azaleas invites wildlife to visit this flowering oasis.*

You can turn a set of shadowy stairs into a flight of fancy, right, *with bright plantings of aubrieta, impatiens, ligularia, and peonies.*



PHOTOGRAPH: STEPHEN CRIDLAND. GARDEN DESIGN: JAMES KIM CHRISTENSEN. REGIONAL EDITOR: CATHY HOWARD

your yard that will support shrubs such as azalea, camellia, or rhododendron.

Breathe new life into a shady yard with a collection of woodland perennials such as astilbe, violets, Dutchman's-breeches, bunchberry, or shooting star. These wildflowers bring home a few benefits of shade gardening: their flowers last longer, shine brighter, and need less water than their sun-seeking relatives.

If shade has you scrambling for garden solutions, turn the page to see how we coped with an untamed parcel of woodland shade at our Des Moines Test Garden. A strolling path, a wooden bench, and a mix of flowers, shrubs, and trees add up to a shady retreat.

shade gardening



SHADE-LOVING ANNUALS

Add vibrant hues to your shade garden with the colorful flowers and foliage of shade-loving annuals. Plan on incorporating annuals the first year you start your shady paradise. They will create drifts of color that you can enjoy while your perennials get established.

Some annuals to count on include (*clockwise from bottom left*) hypoestes, tuberous begonia, coleus, and impatiens. Other annuals, such as lobelia, torenia, viola, New Guinea impatiens, caladium, and fibrous begonia, will also put on a parade of color in partial to full shade.



how to make your

shaded garden path

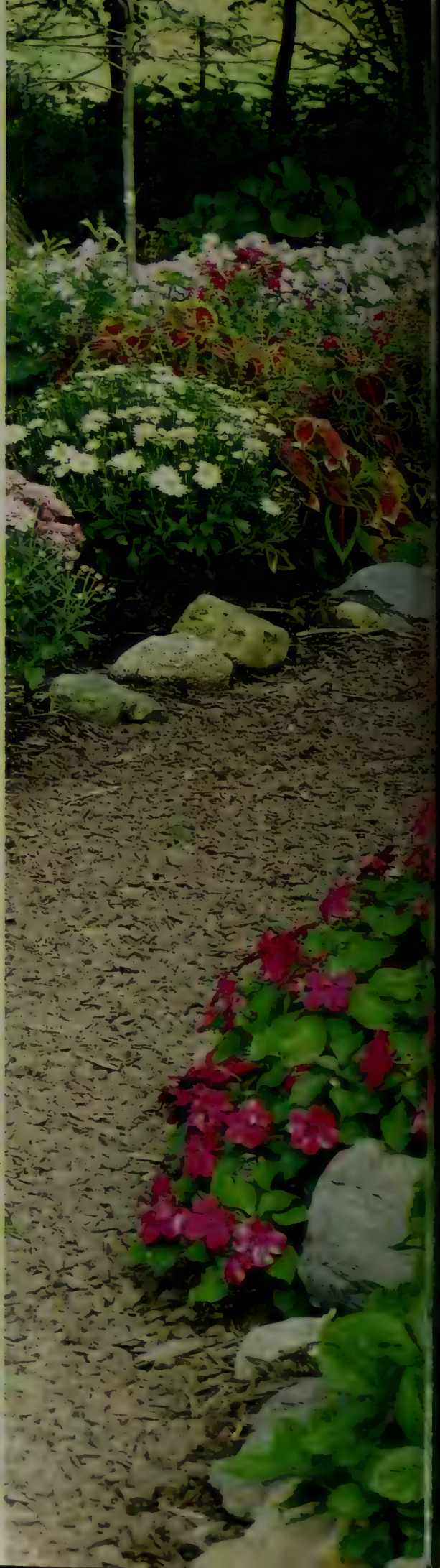
We turned an overgrown lot into a woodland oasis where both people and wildlife feel right at home. Perennials, annuals, and trees form a backdrop of living color for a path that winds leisurely between bloom-filled beds. A weathered bench radiates charm and entices gardeners and guests alike to spend a few relaxed moments in the shade.



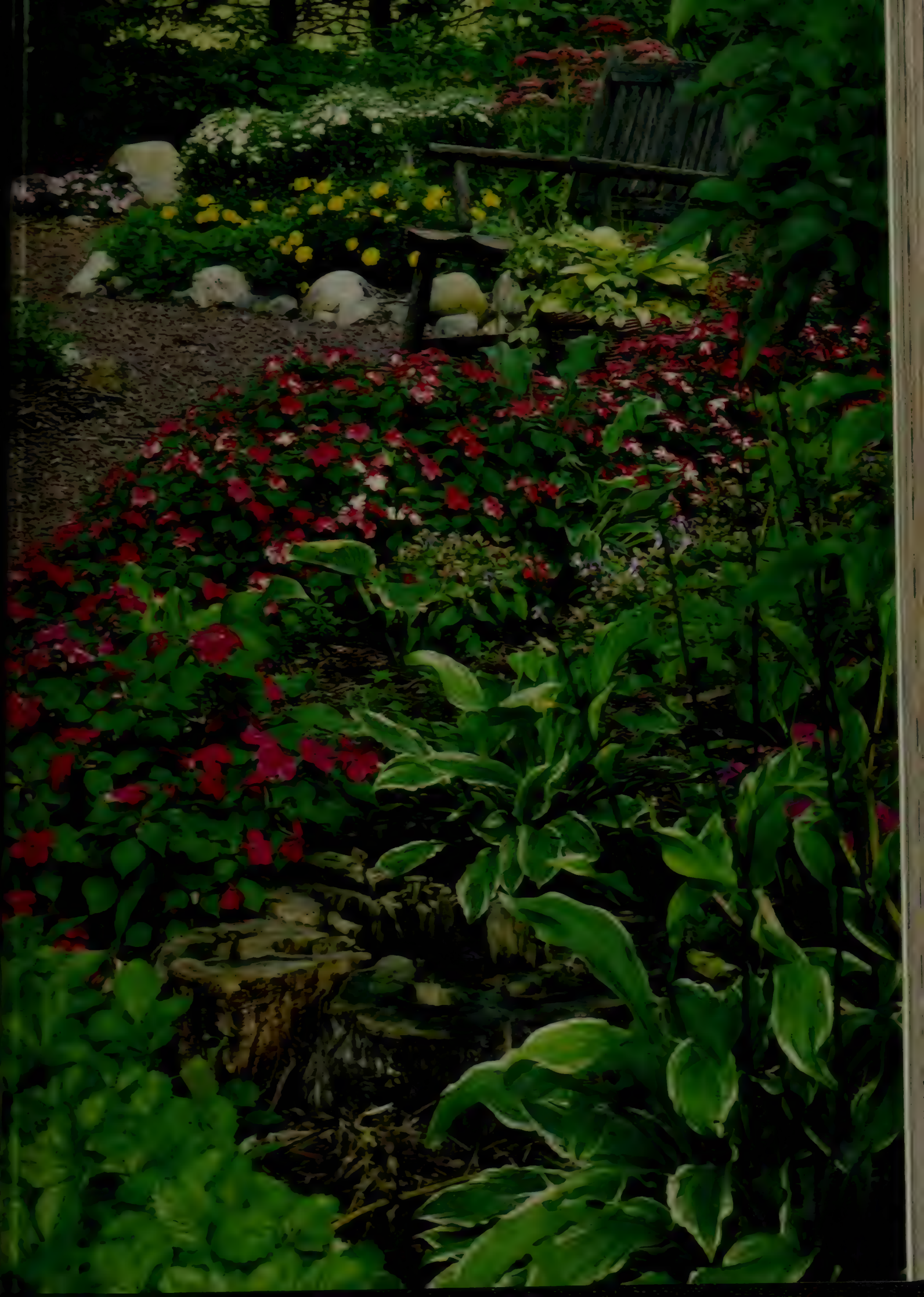
Step 1: *Our shade garden grew from an untended wooded lot on the north side of the house. We cleared the brush, keeping indigenous plants with wildlife appeal, such as honeysuckle vines, junipers, hackberries, silver and Norway maples, serviceberries, wild anise, and Jacob's-ladder.*



Step 2: *We rototilled a 5-inch-deep meandering path through the wooded area and lined it with weed mat. We covered the mat with 4 inches of chipped brick, which is easy to maintain and to walk on. To accommodate planting beds on both sides of the path, we enriched the existing soil with a topdressing of loam.*



PHOTOGRAPHS: PETER KRUMHARDT. GARDEN DESIGN: TIM CLARK/PBS LANDSCAPING





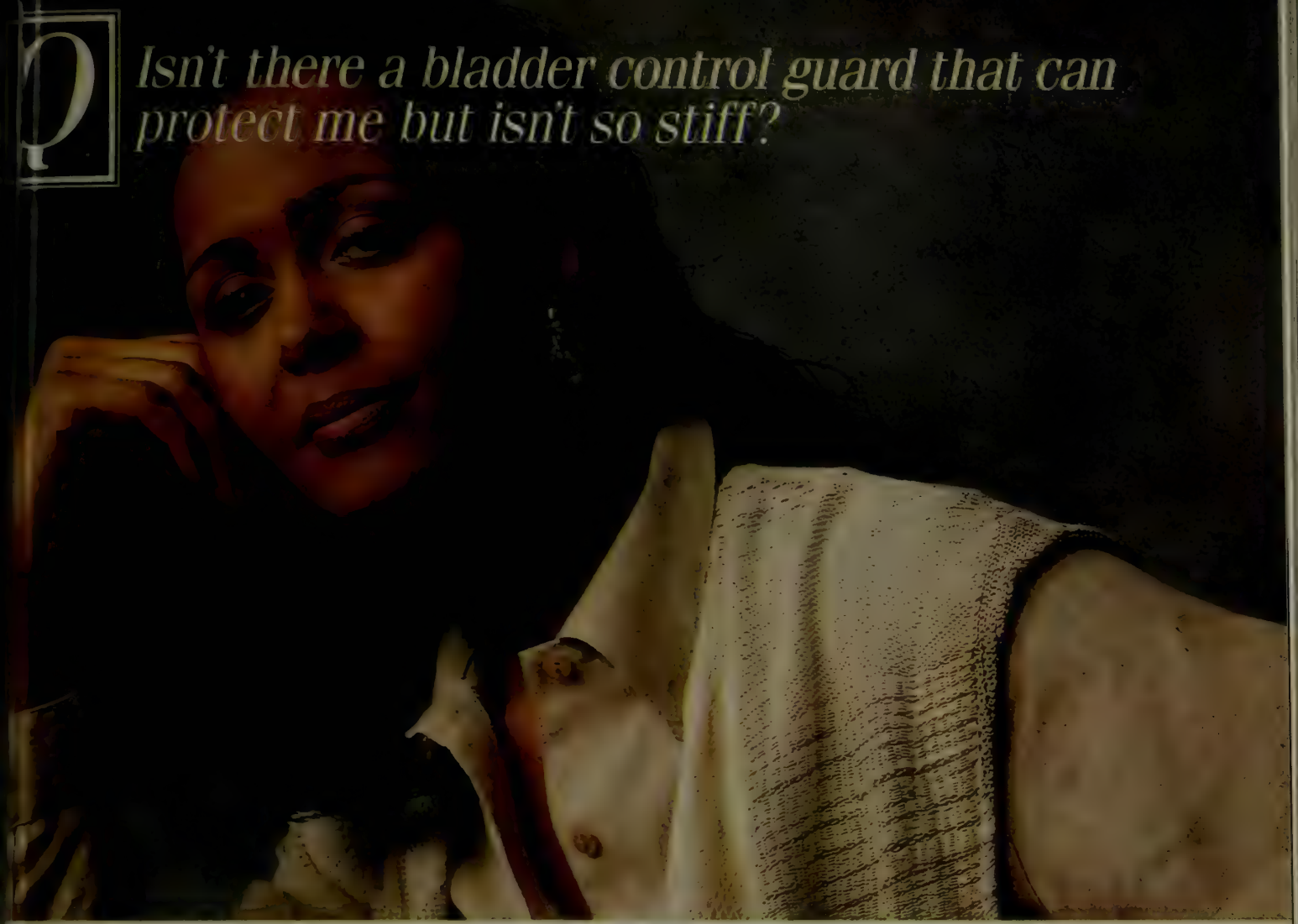
Step 3: *We wanted the path to resemble a dry streambed, so we edged the planting areas with river rock in all shapes and sizes. This first year we planted heavily in annuals so the shade garden would come to life with colorful flowers. In coming years, we'll gradually add more and more perennials. A layer of bark mulch keeps weeds under control.*



Step 4: *We added an assortment of trees, perennials, annuals, and bulbs to fill our woodland retreat; those added include pagoda dogwood, redbud, yew (for winter color), arrowwood viburnum, hosta, epimedium, goatsbeard, nicotiana, early crocus, and grape hyacinth. We edged the beds with alpine strawberries and, in one sunny spot, planted buddleia, Stella de Oro daylilies, and petunias.*

Buying information, see page 170

Isn't there a bladder control guard that can protect me but isn't so stiff?

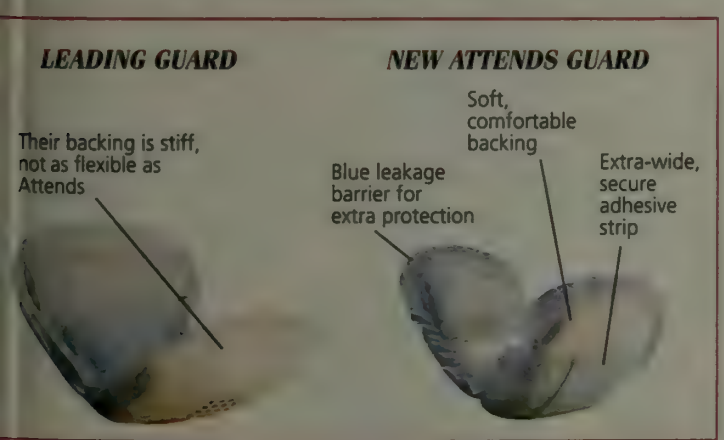


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Nothing else will do when
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ONEIDA
Shown: Juilliard

Window gardens

You'll be the toast of the neighborhood when you dress up your windows with flower-filled window boxes. These small gardens are a dream come true for time-pressured gardeners. Upkeep is easy—all it takes is watering, fertilizing, and pinching.

by Julie A. Martens



Complementary Colors

A simple pine window box painted and planted in colors that complement your home's exterior can set your house apart. Here, tall salmon-colored salvia and apricot dahlias provide a peach backdrop for blue-flowered Sky Blue pansies, petunias, and trailing swan river daisy. Peaches and Cream verbena and lantana add the final touches to this peach of a window garden.

PHOTOGRAPHS: ERIC ROTH REGIONAL EDITOR: ESTELLE BOND GURALNICK PLANTING DESIGN: LOU AND PAT ZUMSTEIN



PETER KRUMHARDT

Window *gardens*

Shade-Tolerant Blooms

Rosebud impatiens, above, *brighten even the shadiest side of a house. Like all impatiens, these double-flowered beauties need a lot to drink, so water containers daily once plants start blooming. Other bloomers that will brighten shady corners include single-flowered impatiens, browallia, and tuberous begonias.*

Window Box Banquet

Even a window box can be a gourmet garden when you choose all edible plants. Alpine strawberries, Boston lettuce, English thyme, curry, mint, Johnny-jump-ups, nasturtiums, and scented geraniums are just some of the harvest-fresh flavors in this garden, right. *A stencil done in acrylics personalizes the box.*

In the Pink

Pink geraniums and pink impatiens make perfect planting partners for a window box that's in a sometimes sunny, sometimes shady spot, below. *To add some trailing interest, there's nothing like easy-to-find variegated* Vinca major. *For a blooming vine, try nierembergia, sweet alyssum,* Zinnia angustifolia, *or sanvitalia.*





PLANTING DESIGN: KAREN MCMAHON, MARTY ROBERTS



Window gardens

Nostalgic Nosegays

Capture the floral profusion of an old-fashioned cottage garden with a window box that's stuffed with flowers. Daisies, impatiens, petunias, pansies, swan river daisy, lobelia, and vinca put on a nonstop floral show when the garden gets at least half a day of sun. If your window garden faces south, line the inside of the box with a sheet of plastic foam before filling it with soil. The foam acts as an insulator and reduces soil temperatures.

Buying information, page 170



PLANTING DESIGN: KEITH SCHNELL

How to plant a window garden

To add flowery focal points to your windows, you'll need a container, soil, plants, and only a small amount of time. If you're baffled about which flowers will look good together, just look at a color wheel. Colors opposite each other make an eye-catching display every time.



1. In a window garden, *plants' root systems are squeezed into a small space. Using the right soil mix is crucial. Sunshine mix,* above, *is a perfect choice; it has Canadian sphagnum peat moss, a wetting agent, and a fertilizer. Look for Sunshine mixes at lawn and garden centers.*



2. Choose healthy plants *from a reputable nursery. If you want a window garden that's immediately filled with bursting blooms, buy plants in 4-inch pots. Remember to place taller plants toward the back and center of the container and trailing plants toward the front and sides.*



3. Water the window garden *thoroughly after planting. Frequent watering is critical for continuous blooms. Check containers daily in spring and twice daily in summer. To display your finished window garden, mount the container with the top edge just below the windowsill.*

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In the spice aisle



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BUILDING

Tuck-Away Trolley

Trolley, serving cart, mobile work center—whatever you call it, putting part of your kitchen on wheels puts convenience on a roll. This version serves as a work island in a compact kitchen and also goes tableside in the adjacent dining area. After dinner the trolley slips into its own niche under the counter and becomes part of the woodwork.

Cutlery and other implements go into pullout drawers. Hinged doors and open sides make it easy to get at cookware underneath; deep rims keep items on the shelves from sliding off while en route. A butcher-block top provides a hardwood surface at a convenient height for chopping.

To build one like it, you can modify a single- or double-door base cabinet that matches the others in your kitchen. Beef up the stock cabinet with extra framing and corner braces, then fit the unit with heavy-duty casters and conceal them with a toe kick all around.



An ideal option for a small kitchen, this two-door cabinet rolls to where it's needed, then tucks under the counter when not in use.

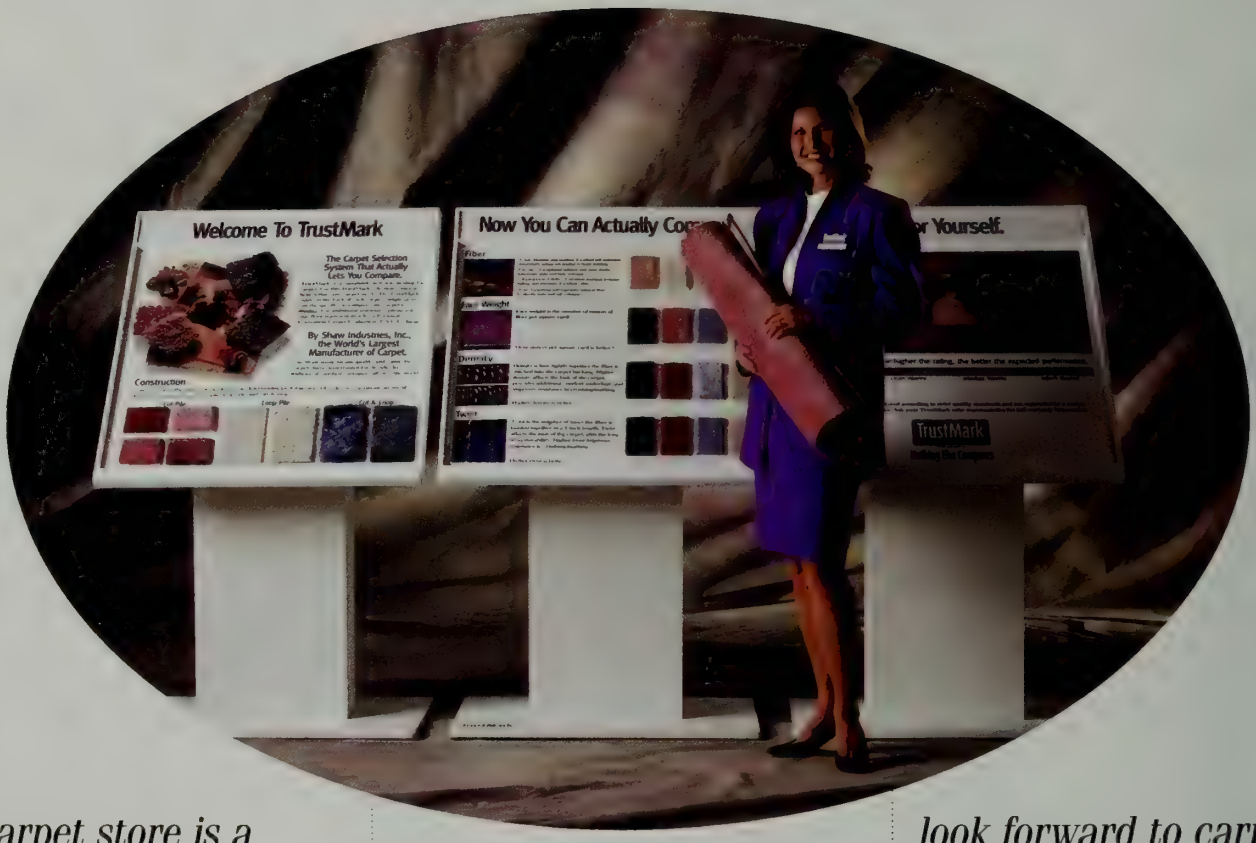


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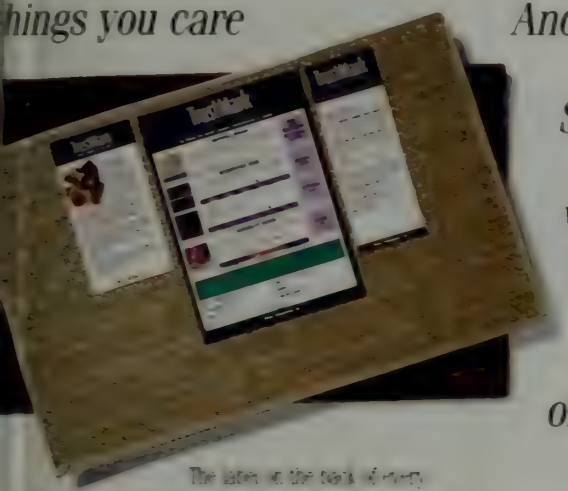


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tips, tools, & techniques

This is your column. It contains the best workshop shortcuts and home maintenance tips that do-it-yourselfers like you have discovered. See the last paragraph of this article for details on how to share your tips.

DROP BOX

Here's an easy cleanup tip to use when drilling holes in plaster, wood, or stone for hanging such things as pictures. Using masking tape, affix a small box lid or bottom about 3 or 4 inches below your hole mark. When you drill, the residue will fall into the box. Then, carefully remove the box from the wall and discard.

Edison Houser,
Wooster, Ohio

CAULK LIKE A PRO

Here's how to make a straight and even seal with a caulking gun. Try putting ½-inch-wide masking tape ⅛ of an inch from each side of the area to be sealed. Then run your bead of sealant along the crack. Even out the sealant with a wet finger until you obtain the desired shape and consistency. After you remove the tape, you'll have a professional-looking caulking job.

Anthony Tobiasz,
Lawrenceville, Ga.

WHIZ OF A PAINT MIXER

When you're shopping garage sales, buy an old blender with a glass bowl. This appliance will stir a small amount of latex paint thoroughly. After use, clean the bowl by mixing hot water and a bit of dish detergent for a minute or two.

Waydella Hart,
Bartlett, Kan.

MEASURE FOR MEASURE

When mixing your own paint colors, keep a set of measuring cups and measuring spoons just for paints, plus the "recipe" of each color amount mixed. Your colors will be perfect for touch-ups or repainting every time.

Louise Rotello,
Tucson, Ariz.

FAN-CY PROTECTOR

If you need to paint the ceiling but have a ceiling fan, relax. You don't have to go to the trouble of taking the fan blades off. Instead, cover them with the plastic bags that protect your newspapers or shoppers. They're a perfect fit and protect the blades from paint drips.

Josephine Krug,
South Holland, Ill.

TEENY-TINY BRUSH

When painting or varnishing in tight places or inside holes, use a pipe cleaner instead of a paintbrush. This saves the bristles on your small paintbrushes. Simply snip the used end off, and you can use each pipe cleaner several times.

Thomas Warnke,
Berlin, Conn.

SEND US YOUR TIP

Mail your tip along with a daytime phone number to TTT, Better Homes and Gardens®, 1716 Locust St., Des Moines, IA 50336. We can't acknowledge or return letters, but if we buy your tip, we'll send you $25. We reserve the right to edit tips we buy and to use them in any way for as long as we wish. We don't accept previously published ideas.

HINT #6

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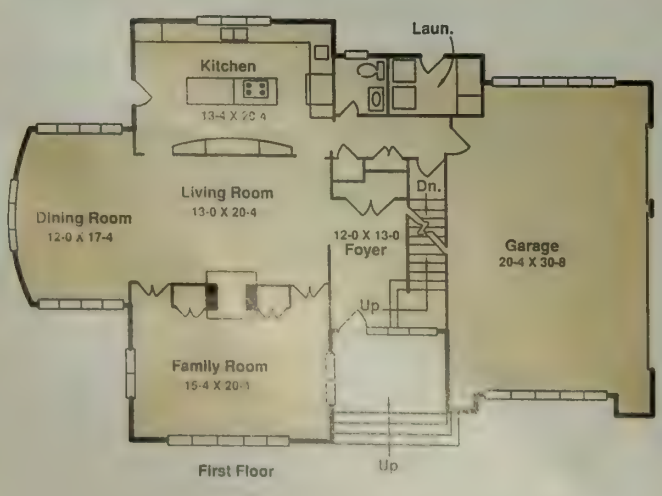
Home *of the* year

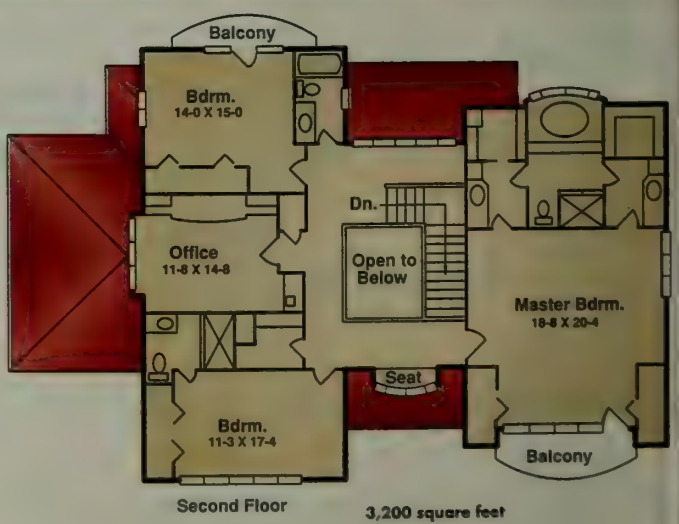


Even before you swing open the beveled-glass front door and step into the exquisitely detailed foyer, our award-winning 1994 Home of the Year will sweep you off your feet. What catches your eye immediately is its distinctive, one-of-a-kind look, but what will inspire you to create your own dream home are all the wonderful features that make this house a great place to live, not just to look at.

by William L. Nolan *and* Rebecca Jerdee

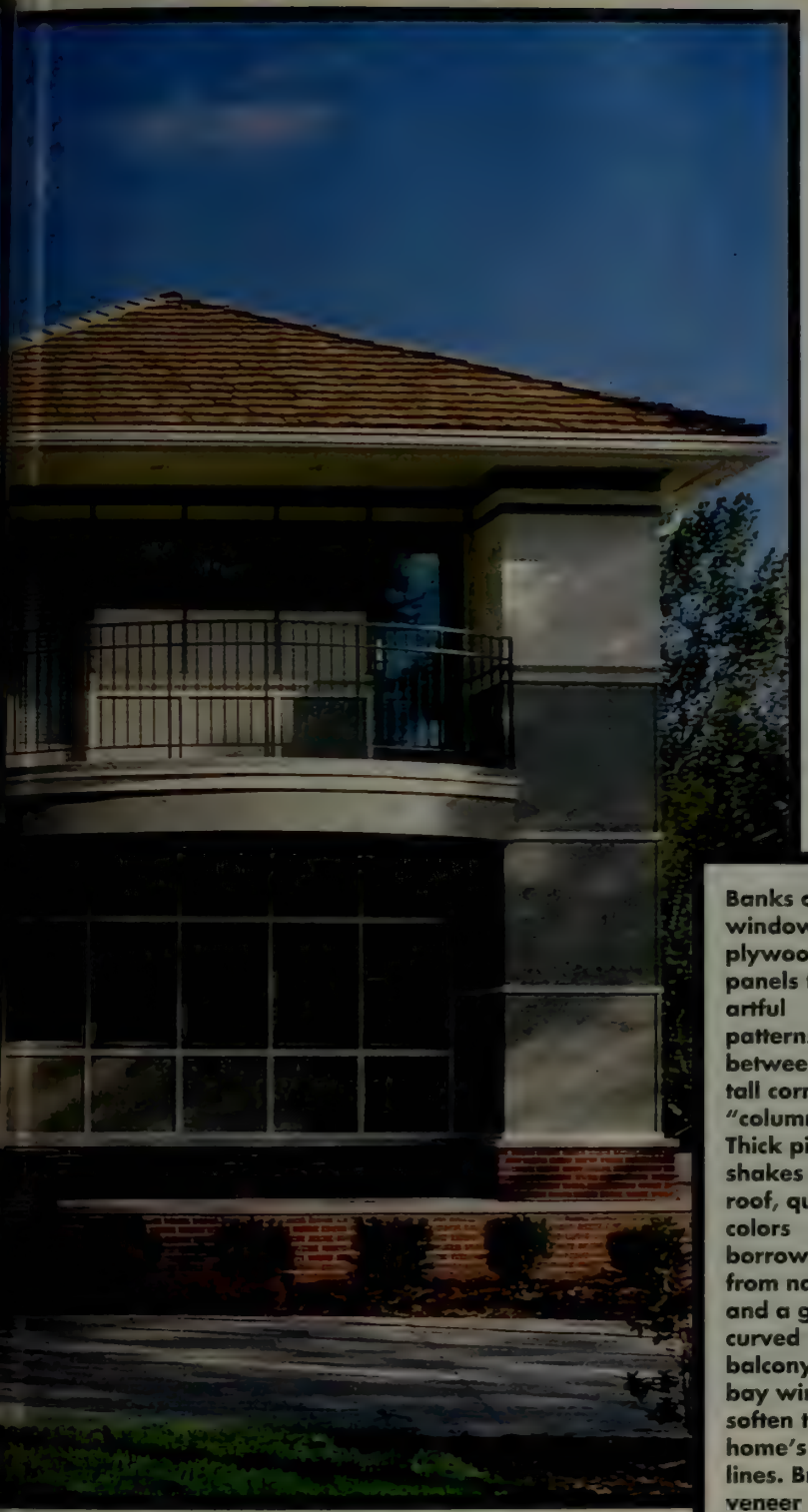






3,200 square feet

Home *of the* year



Banks of windows and plywood panels form artful patterns between the tall corner "columns." Thick pine shakes on the roof, quiet colors borrowed from nature, and a gently curved balcony and bay window soften the home's classic lines. Brick veneer bands the foundation; piers, steps, and planters wed the house to the landscape.

To order home plans, see page 140.

Elegant lines and proportions give our Home of the Year a quiet dignity that sets it apart from its neighbors. Award-winning architect Paul DeGroot updated a classic formula: a broad base, a pillared middle, and a tapered top. Above the brick-covered base, columnlike corners and an almost symmetrical facade rise to a double-hipped roof. To accentuate the classic theme, DeGroot wrapped the house with smooth-skinned plywood panels rather than clapboard siding, echoing the look (but side-stepping the cost) of dressed stone. Tall casement windows topped with transoms repeat the vertical corner treatment while deep overhangs tie the house to its prairie surroundings. Wood plays a key role on the roof, too, where treated pine shakes lend rich texture to its pyramidal slopes.

Behind the subtle formality, other innovative products team up with a prizewinning plan to deliver the livability you want in a new home. Rooms on both floors are served by a central traffic area that provides easy access to the front or back door or the garage. The kitchen stretches across the back like an old-time farm kitchen. A high-efficiency heating and cooling system maintains separate comfort zones on each floor and cleans the air electronically.

MDO plywood siding and Code Plus framing system: AMERICAN PLYWOOD ASSOCIATION. Treated pine roofing: SOUTHERN FOREST PRODUCTS ASSOCIATION. Windows and exterior French doors: ANDERSEN WINDOWS AND PATIO DOORS. Front and rear entry doors: PINECREST. Brick veneers, walls, and walks: GLEN-GERY BRICK COMPANY. Garage doors: OVERHEAD DOOR COMPANY OF DES MOINES. Zoned heating and cooling system: CARRIER CORPORATION. Structural wood products, insulation, and sheathing: LOUISIANA-PACIFIC. Built-in vacuum system: BEAM INDUSTRIES



Home *of the* year

Big banks of windows on three sides and a ten-foot-high ceiling give the TV room the airiness of a sunporch—a great spot to recharge your body's batteries after slaving away in a windowless office all week long. How do you give an indoor room like this the feel of a comfy old front porch? We chose simple wood blinds for the windows and a casual mix of furnishings that caters to the room's sunny disposition: a pleasingly plump seating group, a tiered iron table, and a natural-fiber area rug. A canopy of leaves and fronds complements lush florals and crisp awning stripes in the upholstery; together they concur enthusiastically with the room's "lounging in the garden" attitude.

Comfy seating in the front room beckons you to plop down in a pool of sunshine or soak up some hearthside warmth. Wide-slat venetian blinds temper the sun on warm afternoons; natural grains and a mellow finish make the blinds a perfect match for the room's honey-hued maple trim.



The home's architecture was unified and embellished by repeating two simple motifs: the square and the curve. In the living room, a curved mantel echoes the arched ceiling, and square fretwork on the mantel's face repeats inlays in the handcrafted staircase beyond.

If you love to entertain, this is the house you've been looking for. The living room occupies center stage, equally handy to the foyer, kitchen, dining room, and TV room. Twin sofas flanking the hearth invite family and guests to make themselves at home or gather round for coffee and conversation after dinner. During the day, natural light spills in through the foyer and through twin pairs of French doors in the TV room. At night, indirect lighting sets the barrel-vaulted ceiling aglow. Subtle details charm the eye as you ease back: inlaid ebony squares in the stair trim, glossy stripes on the painted walls and the upholstery, and beveled, brass-camed panes in the French doors.

Furniture: GEAR COLLECTION, THE LANE COMPANY. Window blinds: JOANNA. Windows: ANDERSEN WINDOWS AND PATIO DOORS. Interior paint: THE GLIDDEN COMPANY. Brick hearth and fireplace front: GLEN-GERY BRICK COMPANY. Prefinished hardwood flooring: LAMELLA/NORDIC AMERICAN CORPORATION. Interior French doors: SIMPSON MASTERMARK DOORS



Home *of the* year

Light, light, and more light! Pools of sunshine plunge deep into the dining room and kitchen, casting a warm glow on natural maple cabinetry, trim, and flooring. Light also passes through rhythmic rows of transoms in each room.

In the dining room, pleated shades diffuse the rays and offer privacy after dark. The west wall bows out gently to accommodate ample chair space on the far side of the table.

If everybody ends up in the kitchen at your house, factor our crowd-pleasing Home of the Year kitchen into your building plans. There's ample space here to congregate with family and friends, and warm tones and textures to set the mood. Wheat-colored solid-surface countertops are natural mates for the maple cabinets, a



handcrafted maple table, and a dark green ceramic tile backsplash. Generous dollops of white garnish the naturals. White also calls out several of the room's practical points: noise-deadening vinyl flooring, high-rise faucets and extra-deep sink bowls, a built-in dishwasher, and a microwave oven that bakes and browns bread.

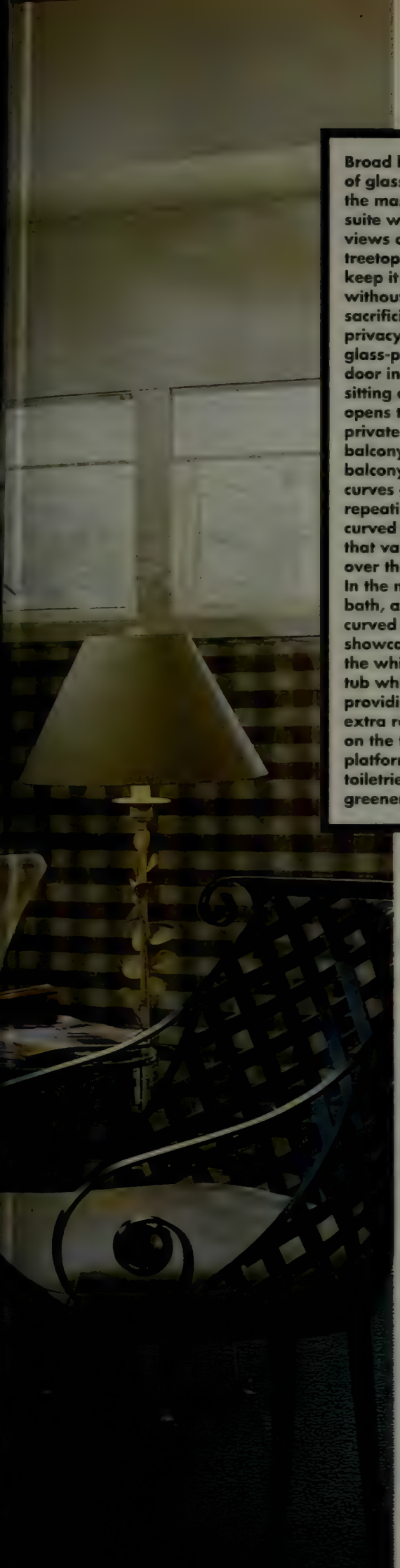


In the dining room, symmetrical window groupings complement the classically formal lines in the furniture. Mellow-yellow plaid on the chairs and muted stripes in the draperies temper the formality by playing up the room's outdoorsy attitude.

Cabinets: ARISTOKRAFT, INC. Refrigerator: AMANA REFRIGERATION COMPANY. Solid-surface countertops: GIBRALTAR SOLID SURFACING. Dishwasher: ASKO. Wall ovens, cooktop, and retractable down-draft vent: DACOR. Microwave oven: WHIRLPOOL CORPORATION. Sinks and faucets: AMERICAN STANDARD INC. Vinyl flooring: ARMSTRONG WORLD INDUSTRIES. Ceramic tile backsplash: AMERICAN OLEAN TILE COMPANY. Countertop appliances: BRAUN. Table and chairs and side table in dining room: GEAR COLLECTION, THE LANE COMPANY. Pendant lighting fixtures: LIGHTOLIER. Pleated shades: JOANNA.

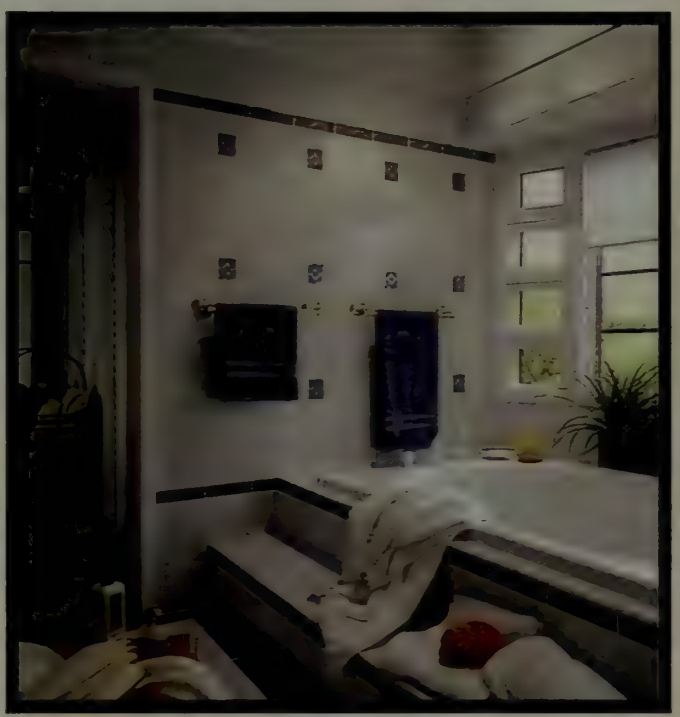


Home *of the* year



Broad bands of glass wrap the master suite with views of the treetops and keep it bright without sacrificing privacy. A glass-paneled door in the sitting area opens to a private balcony. The balcony curves gently, repeating the curved ceiling that vaults over the bed. In the master bath, a curved bay showcases the whirlpool tub while providing extra room on the tub platform for toiletries and greenery.

In the master suite the palette is soothing—pale yellows, tempered tans, and cool grays—and the cushy furnishings lure you to linger. As in the rest of the house, subtle detailing plays a quiet symphony of squares and curves. But here, they come with a hint of



opulence, such as when sunlight picks out golden glints in the accent tiles or when indirect lighting washes a warm glow across the gracefully arched ceiling. The suite's real luxuries, of course, are made of simpler stuff: comfortable scale that leaves room for a quiet, sunlit retreat; handy storage that includes separate closets and dressing areas for him and her; and broad stretches of glass that deliver abundant natural light right where you want it.

continued on page 144



Furniture: GEAR COLLECTION, THE LANE COMPANY. Raised-panel doors: SIMPSON MASTERMARK DOORS. Interior paint: THE GLIDDEN COMPANY. Carpeting: MASLAND/DUPONT STAINMASTER. Pleated window shades: JOANNA. Ceramic tile: AMERICAN OLEAN TILE COMPANY. Bath faucets and towel bars: AMERICAN STANDARD INC. Vanity cabinets: ARISTOKRAFT, INC. Vanity countertops: WILSONART LAMINATE. Soft-sided water-bed mattress: STROBEL

Home *of the* year



Paneled built-ins in the TV room flank a two-way fireplace by Heat-N-Glo. You activate the gas log with a remote control. When you're ready for music or a movie, the upper cabinet doors slide out of sight.

Our Home of the Year keeps you organized by providing clutter-corralling built-ins right where you need them most. One example is the floor-to-ceiling storage/work area in the home office (see *page 146*). Another example is the double-door cabinets in the TV room, which are designed specially for keeping media gear within reach when you want it and handsomely camouflaged when you don't. Yet another example is the planning center in the kitchen, which includes open shelving for cookbooks and collectibles and a wall-mounted desk that's long enough for two to work at simultaneously—a great place for kids to do their homework after the dishes are done. *continued on page 146*



Stock double-door cabinets and site-built shelving frame the kitchen planning center. Controls for Nutone's home intercom system are within easy reach above the desk.

READER SHOPPING

Home of the Year

STUDY PLAN

The Study Plan is an eight-page booklet that includes drawings of all elevations of the home; floor plan diagrams for both levels, including room dimensions; kitchen and bath cabinet elevations; and general information. Although the Study Plan cannot be used for construction, it will be a valuable aid in selecting a lot on which to build and in making inquiries with a builder.

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Home *of the* year





Custom-detailed railings on the staircase repeat muntin patterns in the hall windows. The two-story hall provides an elegant rite of passage from the front entry to the home office, which adjoins the upper hall. Built-in storage in the office reaches to the ceiling and flanks a wide, laminate-topped desk. There's ample room on the desk for a computer, a telephone, a reading lamp, and reference materials. A refreshment bar near the hall door saves trips to the kitchen.

No need to fight bumper-to-bumper traffic to reach this office; just amble across the hall from the master bedroom. All the essential ingredients of an efficient work space are at hand: a big desk surfaced with easy-to-clean laminate and outfitted with a flip-out extension for the computer keyboard; built-in file drawers and adjustable shelving; a table for spreading out projects or conducting client conferences; and a built-in refreshment bar for coffee breaks and late-night reinforcements. This home office also boasts some features that commercial work spaces usually lack, such as the warmth of natural-finish maple flooring, elegant and shapely furnishings, bold punches of color on the walls, and big windows that scoop in the view.

continued on page 148



Laminate countertops: WILSONART LAMINATE. Furniture: GEAR COLLECTION, THE LANE COMPANY. Windows: ANDERSEN WINDOWS AND PATIO DOORS. Window blinds: JOANNA. Prefinished hardwood flooring: LAMELLA/NORDIC AMERICAN CORPORATION. Computer: COMPAQ COMPUTER CORPORATION. Telephone/answering machine: BOGEN COMMUNICATIONS. Undercounter refrigerator: U-LINE CORPORATION. High-rise faucet on bar sink: AMERICAN STANDARD INC. Interior paint: THE GLIDDEN COMPANY. Chandelier in stair hall: GEORGE KOVACS LIGHTING, INC. Carpet: MASLAND/DUPONT STAINMASTER.



Pride.



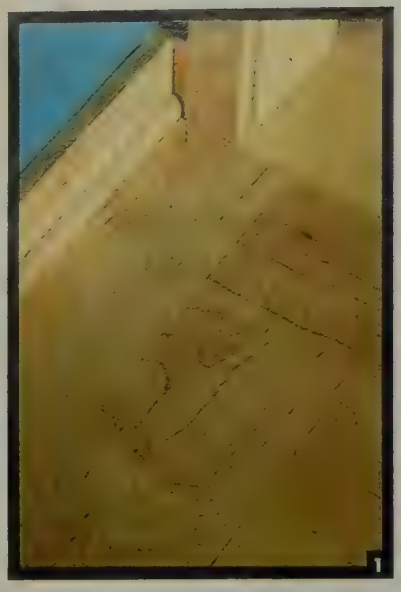
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Home *of the* year

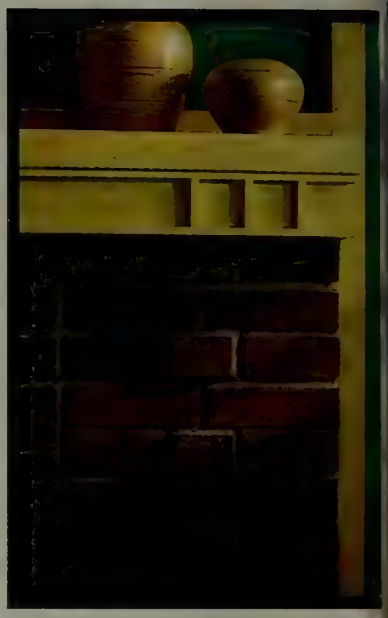

1


2


3

1. In the main rooms, prefinished maple flooring from Lamella/Nordic American turns the corners with square inlays rather than mitered joints, subtly echoing the square motifs of the house.
2. The walls were framed with finger-jointed studs from Louisiana-Pacific. The studs make use of short pieces of lumber that once were discarded.
3. An art glass insert from Andersen Windows and Patio Doors adds handcrafted beauty to Andersen's stock transom and patio doors in the kitchen.
4. Fretwork squares lend simple elegance to the curved mantel in the living room. Beneath them, cantilevered bricks add sculptural interest to the fireplace front.
5. American Standard's oversize sink and high-rise faucet let the kitchen take big pots and kettles in stride. Gibraltar's solid-surface countertop and American Olean's 8x8 ceramic tile backsplash fend off spills and spatters.
6. In the laundry, a bold hue from Glidden chases away washday blues. Clean lines and discreet push-button controls on Asko's washer and dryer contribute Cubistic punch.

Buying information, page 170

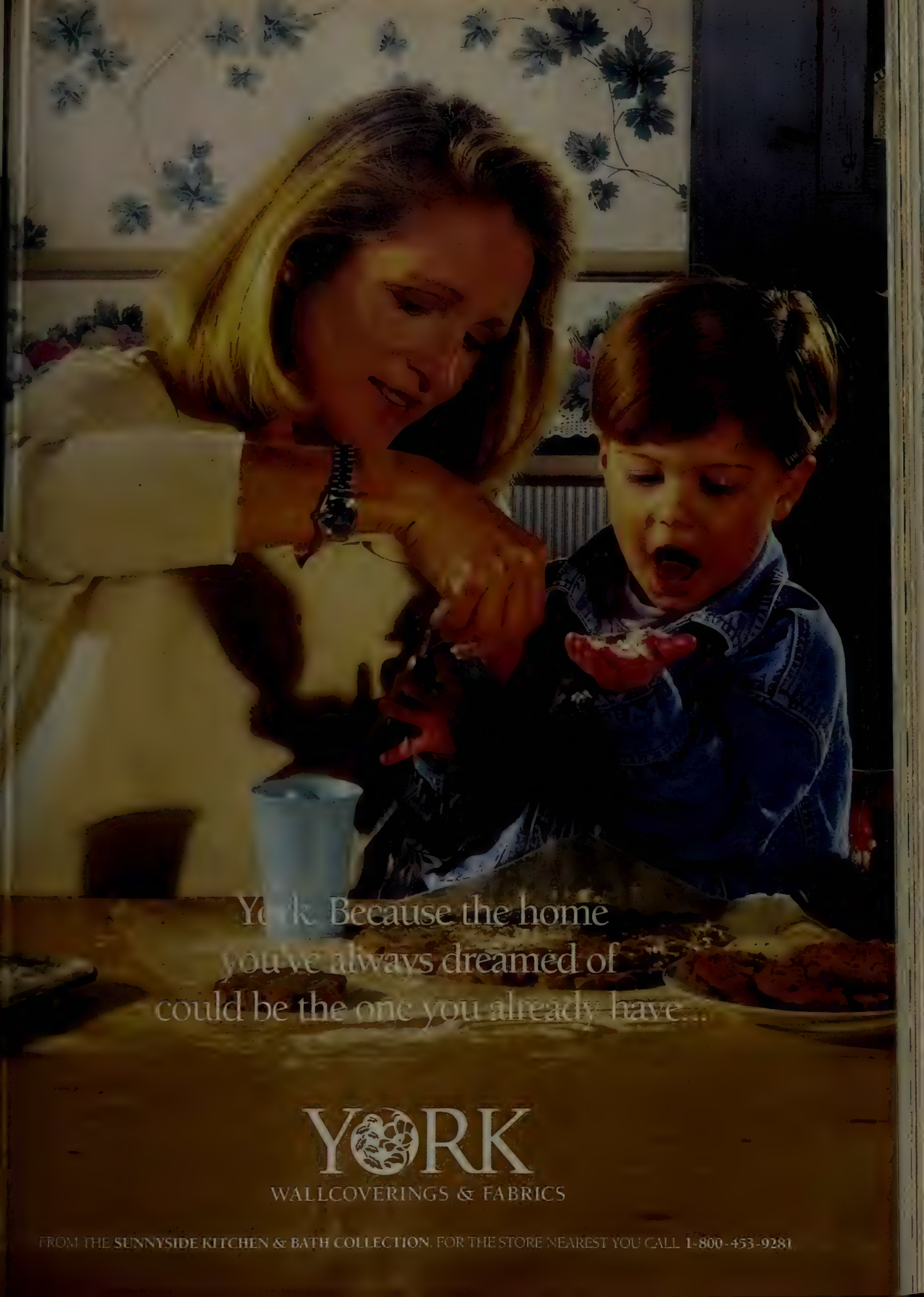



5



TEAMWORK, EXPERTISE, AND PRIZEWINNING DESIGN

Our Home of the Year took top honors recently in Innovations in Housing, a national design competition sponsored by the American Plywood Association, *Progressive Architecture*, *Builder*, and *Better Homes and Gardens*® magazines and cosponsored by the American Wood Council. The architect was Paul DeGroot of Houston, Texas, and the builder was Eller Builders Corporation of Urbandale, Iowa. In addition to the builder and the architect, those who made our Home of the Year a reality include Maryann Olson, Project Coordinator for the American Plywood Association; Joe Porter, Marketing Manager for the American Wood Council; Rebecca Jerdee, *Better Homes and Gardens* Interior Design Editor; and William L. Nolan, *Better Homes and Gardens* Senior Building and Remodeling Editor.


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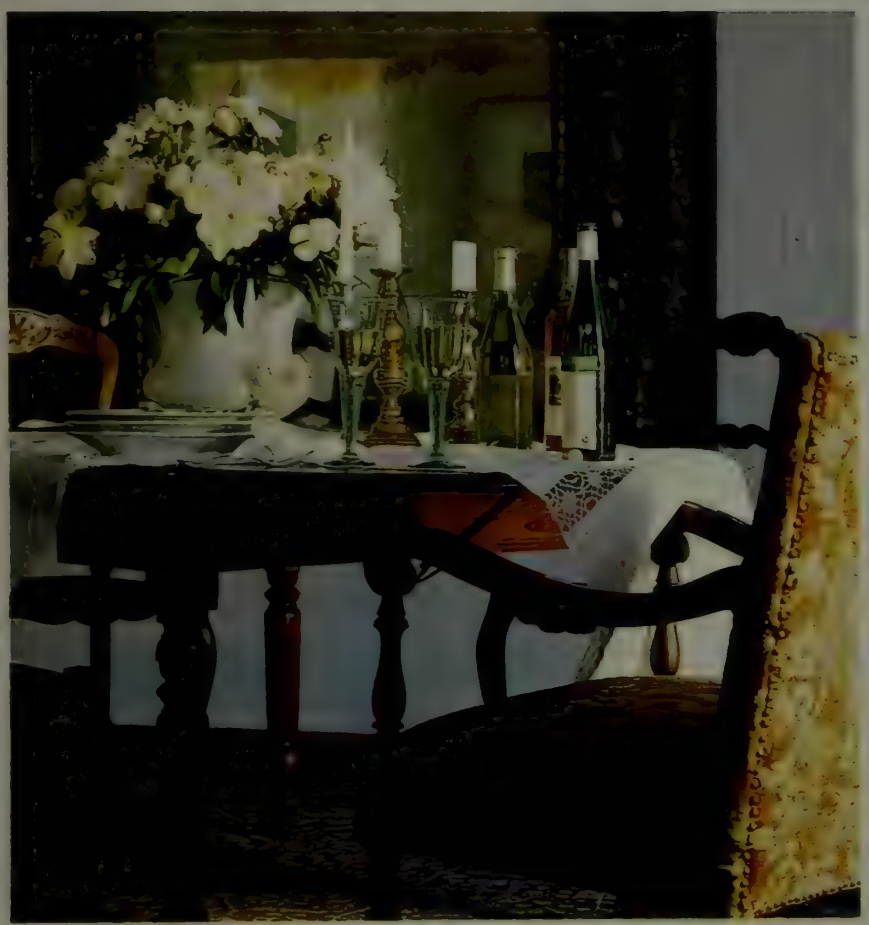
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small house, small budget,



big, beautiful style

Are a too-tight budget and equally confining spaces reining in your decorating spirit? Take the style-knows-no-limits attitude of Nancy and Theo Kriel, owners of this modest California cottage. "When you're bound by space and money," says Nancy, "it's time to unleash your creativity." Come on in and let your decorating visions soar.

by Sandra S. Soria



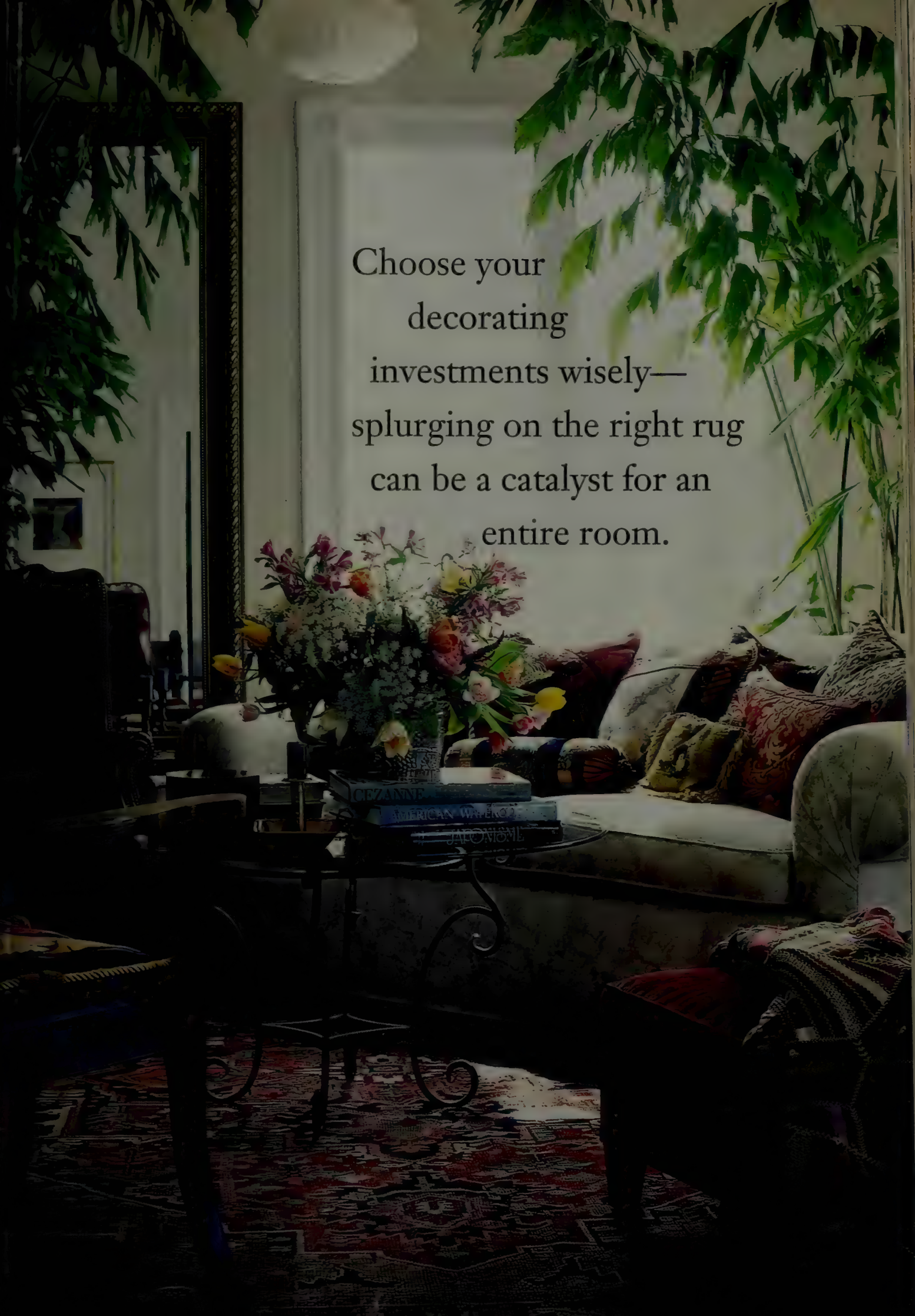
Believers in fate and flea markets, Nancy and Theo Kriel admit that going with their instincts has bagged them bigger prizes than they bargained for. Consider the story of how they came to be owners of this tiny, turn-of-the-century home. "We came to buy a lamp from the estate sale and ended up buying the whole house," says Nancy.

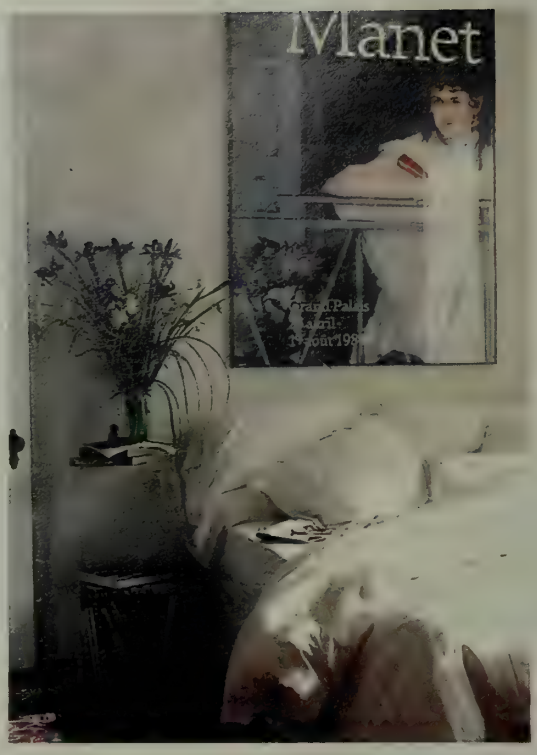
That was a lucky day for the humble, 1500-square-foot Victorian house. Owned by the same family since 1918, the bungalow was suffering old-age pains, and the Kriels were the perfect pair to remedy them. Partners in an interiors and remodeling firm, the two knew the best course was to make the vintage cottage more livable without spoiling its intimate charm. Theo designed new life into the place structurally, while Nancy focused on the interior facelift.

As the story so often goes, electricians, plumbers, and sheetrockers took a big bite of the Kriel's budget, leaving the decorating phase with a deficit of cash.

Fortunately, Nancy has a surplus of style tricks. In the living and dining rooms, gallons of creamy white paint freshen and visually expand the 11-foot-square spaces, setting a clean stage for a mix of mellow antiques and textiles sleuthed from flea markets.

Dressed in white and big in scale, a new sofa gives eyes another


Choose your
decorating
investments wisely—
splurging on the right rug
can be a catalyst for an
entire room.
CEZANNE
AMERICAN WATERCO
JAPONISME



break from pattern and extends an invitation to get comfortable. "We chose a functional but inexpensive sofa because we knew we'd have to recover or replace a white one more often," says Nancy. "Then we upgraded its look with beautiful pillows."

Throughout the home, the rooms get high decorating impact from low-cost extras. Large mirrors, for

Don't think small—a few bold pieces can give a tiny roo



instance, work like windows to bring more light and architecture to the boxy spaces. Towering plants add even more depth and visually connect the furnishings to the tall windows and soaring 11-foot ceilings. And in this master bedroom, the drama of a big, simply framed poster stands in for an expensive headboard.

With space and money at a premium, Nancy and Theo spend time shopping for vintage bargains that not only look great but pull their weight. In the master bath, two sinks and many coats of sealer


al presence

turn a secondhand sideboard into a first-rate vanity. "You get a lot of style for your

Revel in life's simple pleasures—a lofty feather

money with antiques," says Nancy. "Unless you're worried about resale, you can adapt them to your needs and make them more valuable to you."

The Kriels also take creative license with spaces—even the tiniest ones—tossing aside labels to make them really live. In this guest room, a little-used closet becomes an ever-beckoning alcove with the addition of a salvaged tub. The small room now offers the romance of a bed-and-breakfast inn with the extra luxury of a private bath.



In the Kriel home, an appreciation of life's simple pleasures leads to rooms that ease the soul as well as the budget. "We always start with the creature comforts," says Nancy. "Think about the little things you go away for to relax and feel pampered—crisp white linens or a stack of books by a fire, even if that fire is a scented candle—and you'll find it's easier than you think to accommodate a feeling of indulgence."

Even the humble outdoor structures

d or a pool of golden lamplight.





become pleasure palaces when ideas for building in comfort come first and creative decorating joins in. Protected by the houses and trees that have it surrounded, this side-yard screened porch lets only gentle breezes and peaceful dreams slip in. Where chunky redwood or curvy wicker may have been expected, this porch tells a more

Don't leave romance at the back door—let it out to pl



romantic story with character-filled furniture—a better-for-wear iron bed and an import-store rattan desk. A handy stand-in for a chest, old luggage Nancy bought for a song at a second-hand store stashes lazy-day reading material.

Steps away down the perennial-lined brick path, a garden shed that once held rusty tools and lots of dust also has a different notion thanks to the Kriels' creativity. All it took was a whitewash of paint and extra wiring to put it to better use as a three-season sewing room.



n screened porches or patios.

Details that can make a difference



Though gathered from simple, everyday objects, Nancy's displays always have an aura of elegance. The secret? The lushness of the layering. To create your own elegant displays, begin with one tall object, such as this lamp, placed in the center. Then, loosely create a triangle shape as you work down to the surface. A full bouquet and a candle-topped stack of books make the next tier here, then bone china, more books, and the glass-topped table itself complete the still life.



Romance a window with this sheer covering that softens the view but won't interfere with special architecture or furniture. To create it, hide a standard tension rod inside 1-inch PVC pipe that has been shirred with fabric. (Be sure to sand off any lettering on the pipe that will show through the fabric.) Then, stitch large wooden cafe rings to a hemmed panel of inexpensive, polyester sheer fabric and hang from the pipe to invite light to filter through with a dreamy, shimmering quality.



Don't view decorative pillows as extras that blend into the background. Give them center-stage status with luscious fabrics and exaggerated trims. Nancy searches for aged-to-perfection fabrics at flea markets or consignment shops specializing in vintage clothing, or she splurges on enough decorator fabric to make a pretty pillow face. Seek out playful, oversize trims through a local window treatment fabricator or upholsterer.



Rather than toss this woven cotton coverlet across the foot of the bed as expected, Nancy threw it over a rundown side chair. The result is a charming slipper chair that doesn't require a single stitch. This simple touch seems to sum up the Kriel philosophy on creating rooms with a sense of style: Like the best romantic relationships, developing a well-decorated room requires more thoughtfulness and time than it does money.

Buying information, page 172


Fontana®
by Broyhill®
Smart Buys® from
Broyhill®



One of Fontana's greatest assets is its decorating flexibility. Here, complementary plaid and floral u
stery from Broyhill's selection of over 400 fabrics establishes a traditional look for the Sofa, $915,
Loveseat, $850, and Chair, $625. The setting is completed with the Square Cocktail Table, $300, an
Commode End Tables, $240 each. The Entertainment Armoire, $1,190, is large enough to accomm
a 27" TV and some 31" TV's and provides an area above for both VCR and tapes. Below, a drawer
five convenient shelves yield storage for entertainment accessories and audio components.



Shown above:
Entertainment Armoire, $1..

Featured on cover:
Entertainment Armoire, $1,190 f
and some 31" TV's. Also shown is Broyh
Wallsaver Recliner, $840.

Broyhill has a long-standing reputation for quality craftsmanship
attention to detail. Fontana is an outstanding example. Pine solids and ve
are carved, turned and smoothed to create the basic design. A light stain i
distressed, glazed and hand rubbed to achieve the collection's hallmark fi
Finely carved details are added with care: sculpted overlays on rounded p
ments, fine molding, beveled panels on
doors, bun feet and simple wood
knobs. Fabric patterns are
matched across cushions, back
rms. The result? A look
gs distinction to your
e. r.

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Manufacturer's suggested "Smart Buys" prices effective through June 30, 19
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A casual setting for casual dining: Broyhill enters the dining room with Fontana's Farm Table, $800, whose apro leaves extend to 78". The China's, $1,500, back and interior lighting are a stylish backdrop for heirloom dinnerw or arts and crafts collectibles. And the tile-top inlay of the Server, $540, completes the setting with style and func Also shown: Ladderback Arm Chairs, $200 each, and Ladderback Side Chairs, $175 each.

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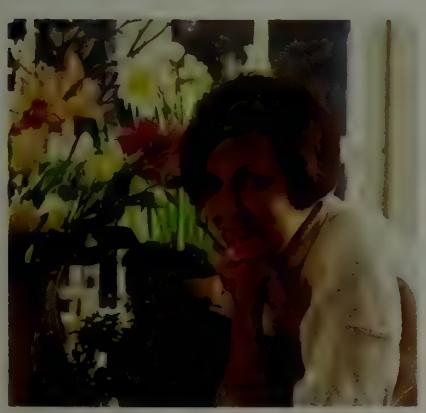
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Personal style Tradition freshened with the natural touch

Madeline Longstreet heeds her own unique call



of the wild when decorating. On her door, an artful tangle of moss, leaves, and berries beckons visitors to step onto a bed of ferns, while aromatic herb topiaries with feet of clay reach up to offer a casual greeting. *continued on page Z2*

by Denise L. Caringer



"Art imitates Nature, and necessity is the mother of invention." Penned in 1658, Richard Franck's words could have been written about artist Madeline Longstreet today. Her paintings, watercolors, and silk screens are inspired by the wild things that grow in her garden and in roadside ditches, and her need to gather those naturals around her prompts her to play with fresh ways of decorating with them. "I like the juxtaposition of the formal with the informal to dress my home down and relax it," she says. Thus, herbs snuggle into terra-cotta pots atop a sterling tray and as if lovingly pressed between the pages of an old book, her own silk-

continued on page Z

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A WHOLE DIFFERENT SPIN.



A washing system that cleans as thoroughly as rolling breakers, yet as gently and quietly as the bottomless depths. TriDura™ porcelain interiors as timeless as the sea herself. Just a few of the thoughtful details in the spacious washer and dryer designed by KitchenAid. With loads of inspiration from Mother Nature. Call 1-800-422-1230 to find out more.

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Land Rovers have survived jungl

Seat kicking, door slamming, upholstery trouncing, and all-out mud slopping.

And then there are the active kids.

Such indulgences, no less merciless than the Serengeti, couldn't be more appropriate for the new Discovery from Land Rover.

An incredibly durable, truly original family vehicle.

It's enormously spacious interior seats a family of up to seven, plus a few J... Russell Terriers, all very comfortably, whether cruising down the thoroughfare, or climbing up a towering mountainside.

Available dual sunroofs and rear folding jump seats make it even more open and relaxing, especially on those long journeys, when you're all singing "Row, ... Row, Your Boat."

...the 4,759th time.

...em all the giggling, whining, ...ud barking, the Discovery itself offers an exceptionally quiet rid... wherever you go.

And you can go wherever.

It is, after all, a Land Rover.

Along with features such as perma... four-wheel drive, a 3.9 liter V-8 engin... and amazingly resilient coil spring suspension, it comes with a history o... driving accomplishments throughout ... entire planet.

From the thick swamps of Tanzani...



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vamps, even the Kalahari. But this?

tire-swallowing sands of the Kalahari. t was even used on a gruelling expedi- in search of the Lost City of Atlantis. Surely it could take your kids to ool in a blizzard. Actually, with a 0 pound towing capacity in low range, ould take the bus.

Of all the Discovery's distinguishing racteristics though, perhaps the st extraordinary is its unsurpassed el of security.

It's the first 4x4 ever to have dual airbags. Along with its ABS system, immense chassis, side door beams, and steel inner body cage, it's a great place to have children.

Why not call 1-800-FINE 4WD for the nearest dealer? At just under $29,000,* it comes loaded with virtually everything, except of course, a family.

Altogether, the Discovery is well worth looking into. Especially considering how perfect it is for the one place known as the most challenging a vehicle has ever had to endure: Suburbia.

LAND ROVER DISCOVERY $28,900*



screened fern designs turn plain canvas seat covers into lively botanical accents. Because natura materials are inherently easy to work with, she urges others to follow her lead and simply "have fu and experiment" with them. Elevated to high art by a secondhand urn and backed with an aged mir ror, a solo gathering of dried hydrangeas would have been pretty—but staid. True to her "mix forma with informal" rule, Madeline crowned this tabletop vignette with an untrained twining of bitter sweet fresh from a rural fence line. Similarly, her own painted canvas floorcloth, instead of th expected Oriental rug, tackles the edge of formal dining.

continued on page Z


Take Off!
Decorating is an adventure,
not a destination.
And WAVERLY is here to take
you exactly where you want to go.
This is your home.
And no one makes it yours like
WAVERLY
For information on where to find Waverly Fabrics, Wallcoverings and Home Fashions, call 1-800-423-5881, Dept. 71. F. Schumacher & Co. © 1994.



For Madeline, a walk through the garden or a drive through the Missouri countryside is like a visit to an art-supply store. But, instead of picking up paints and brushes, she gathers wildflowers, vines, ferns, or whatever else delights her, to "naturalize" plain tabletops or fabrics. Anticipating beauty around every corner, she says, "When I drive down a country road, I carry buckets of water in my car" to keep fres[illegible] from wilting. When things aren't in bloom, she forces the issue, literally, turning out-of-season [illegible] the branches of forsythia into flowering accents and using canvas slipcovers as a bed for a [illegible]n of floral and fern pillows. *continued on page Z10*

You just bought a beautiful new Corian® countertop and before you know it your son stains it when he drops a pitcher of grape juice, your husband uses it to put out his cigar, and your daughter cuts into it with her new Ginsu knife, so...

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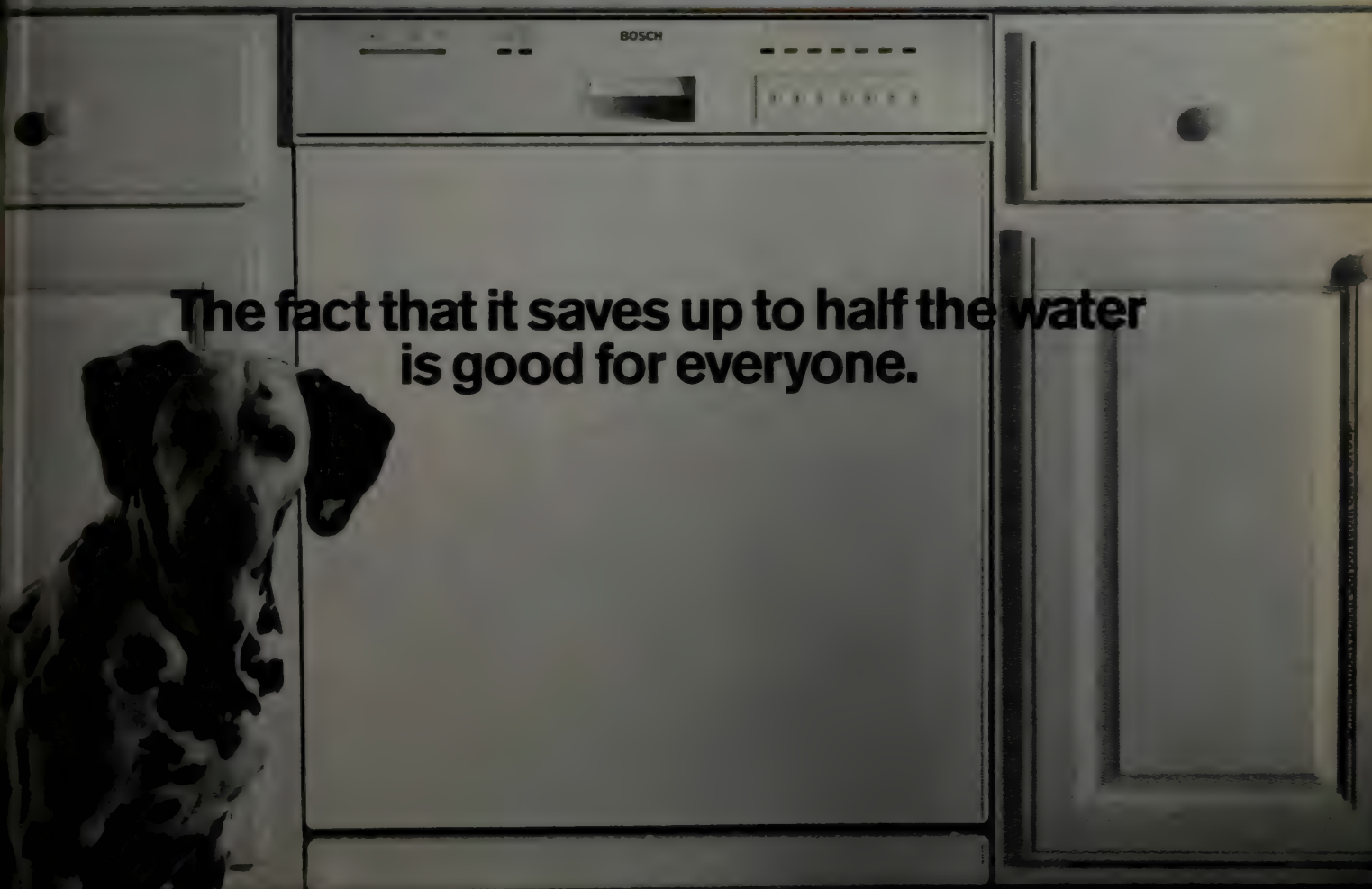


"The green ferns needed color," Madeline says, so she added vintage peony pillows and her own bold painting "for a shock of red." Similarly, groupings featuring dried red roses brighten and relax a nearby reading corner. "I like the idea of decorating with what's around," she says simply. A painter at heart with a degree in Fine Arts, Madeline began creating dried arrangements when she was looking for a project she could teach other parents to make and sell to benefit a gift shop at a local school. In search of fresh materials, she began growing everlastings and pressing the ferns that later inspired her to silk-screen fern fronds on both canvas and paper.

continued on page Z12

The fact that a Bosch dishwasher is eight times quieter is good for you.





The fact that it saves up to half the water is good for everyone.



With everything it has to offer, it's no wonder the Bosch dishwasher was named a "Best Buy" by *Consumers Digest.* Not only is it eight times quieter than other dishwashers, it also saves up to half the water.*

It's this kind of superior performance and affordable price that has made it an outstanding value. And the more you learn about Bosch dishwashers, the more impressive they become. For example, they come with a stainless steel interior that's guaranteed for 25 years. It's these features and more that have made Bosch dishwashers a good choice for everyone, including *Consumers Digest.*



To get a demonstration, call 1-800-866-2022 for a Bosch dealer near you.

*Based on comparisons with leading domestic models by an independent laboratory, January 1993. Bosch tested at 5.4 gal., competitors ranged from 6.0 to 12.4 gal. Data furnished upon request.

BOSCH

A New Line of Thinking.



Like the tender herbs that flourish in the windowsill, the kitchen eating area reaches for the light Radiant white walls showcase Madeline's own fern prints and play up the tones and textures of casually composed grouping of mellow woods and metals. As if it has just threaded its way indoors viny bittersweet join[illegible]eup of burnished copper pots to form an organic canopy above light-filter ing lace. A still life? N[illegible]dline's home, eye-appealing settings such as these change contin ually to include whatever [illegible] garden—and the oven.

continued on page Z1

You can't beat the system.

The first total system warranty: The door. The opener. The works.

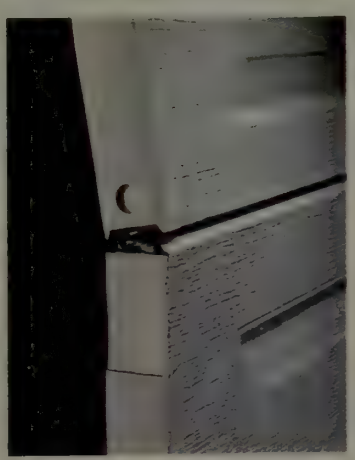


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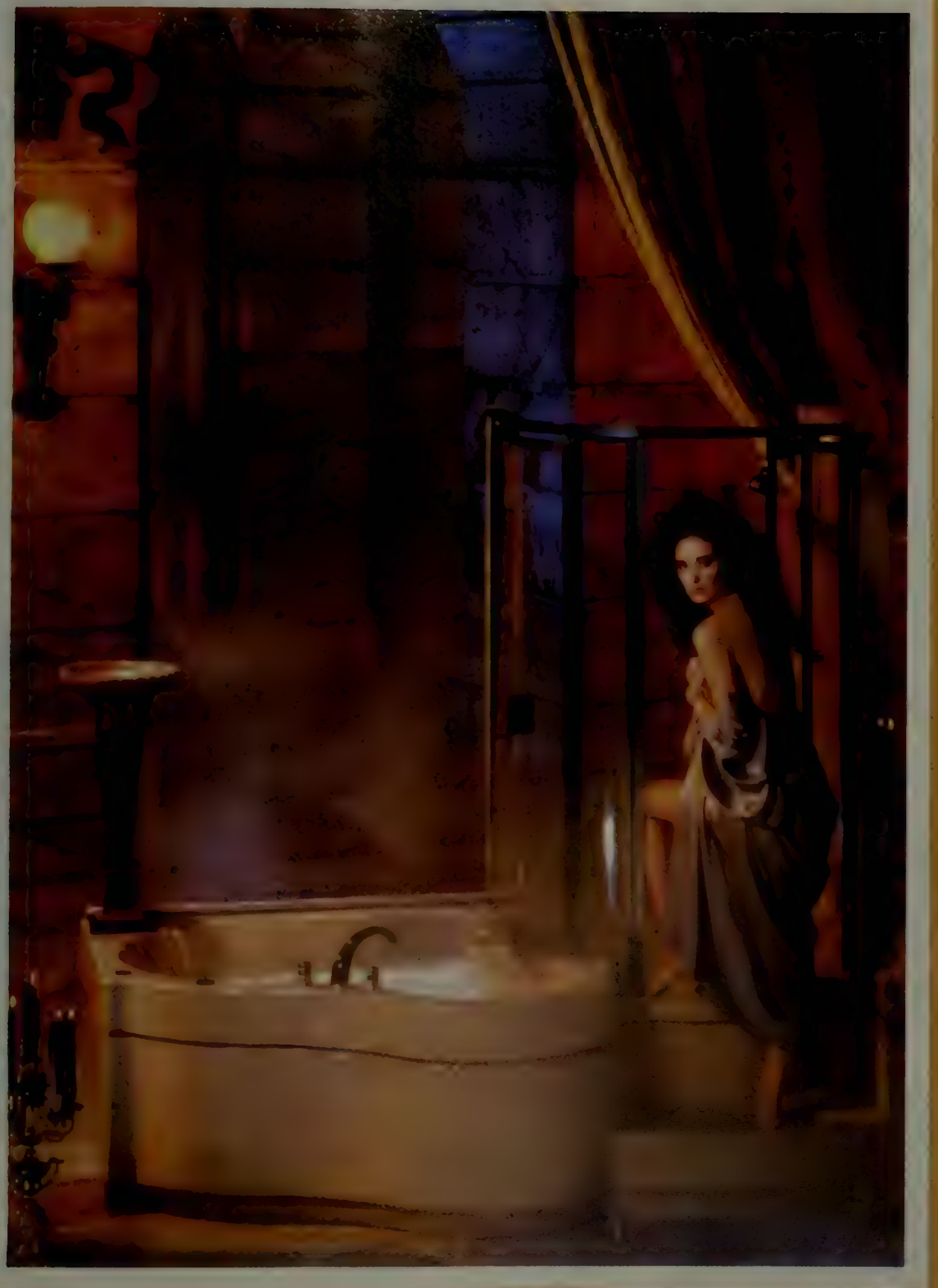




The mother of three children—Liz, in college; Billy, living in China; and Rob, a local photographer—Madeline uses her suburban St. Louis home as a studio. "That has its disadvantages," she laughs. "I use the whole house, and it can get messy. Billy's room is the framing room, the pressed ferns are underneath Liz's bed and the kitchen table ends up being my office." Here, she puts finishing touches on a floorcloth.

continued on page Z1

As I See It #4 in a series
Rebecca Blake
'Another World'
Color-Saturated Photography



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Make it happen: "naturalize" your own place

Gather ye roses—and ferns—while ye may.... In fact, you can take artist Madeline Longstreet's advice and "have fun and experiment" with whatever natural materials and images most appeal to you. For an easy start, cut and loosely arrange flowering branches. When things aren't in bloom, "you can force quince, forsythia, mock orange, dogwood, and redbud," among others, she says. When you bring cuttings in, "just cut them a second time on the diagonal (so they will absorb more water), put them in warm water, and leave them in a sunny place." Also, look for fresh and dried blooms available at local florists, nurseries, and crafts shops.

Use dried hydrangeas for naturally elegant arrangements

Grow your own lush hydrangea bushes or beg cuttings from the neighbors. Then, simply arrange them in a generous cascade. What





about the drying? "I've tried hanging them upside-down and tried preserving them with a mixture of glycerin and water," says Madeline. "The best way that I have found is waiting until the end of summer when the color is just starting to go out of the hydrangeas to cut them. Then, put two inches of water into the container and let it evaporate. I put as many hydrangeas in a container as I can fit in." Because dried hydrangeas will continue to drop their leaves, arrangements will thin over time, so dry more than you think you will need.

Paint your own floorcloth

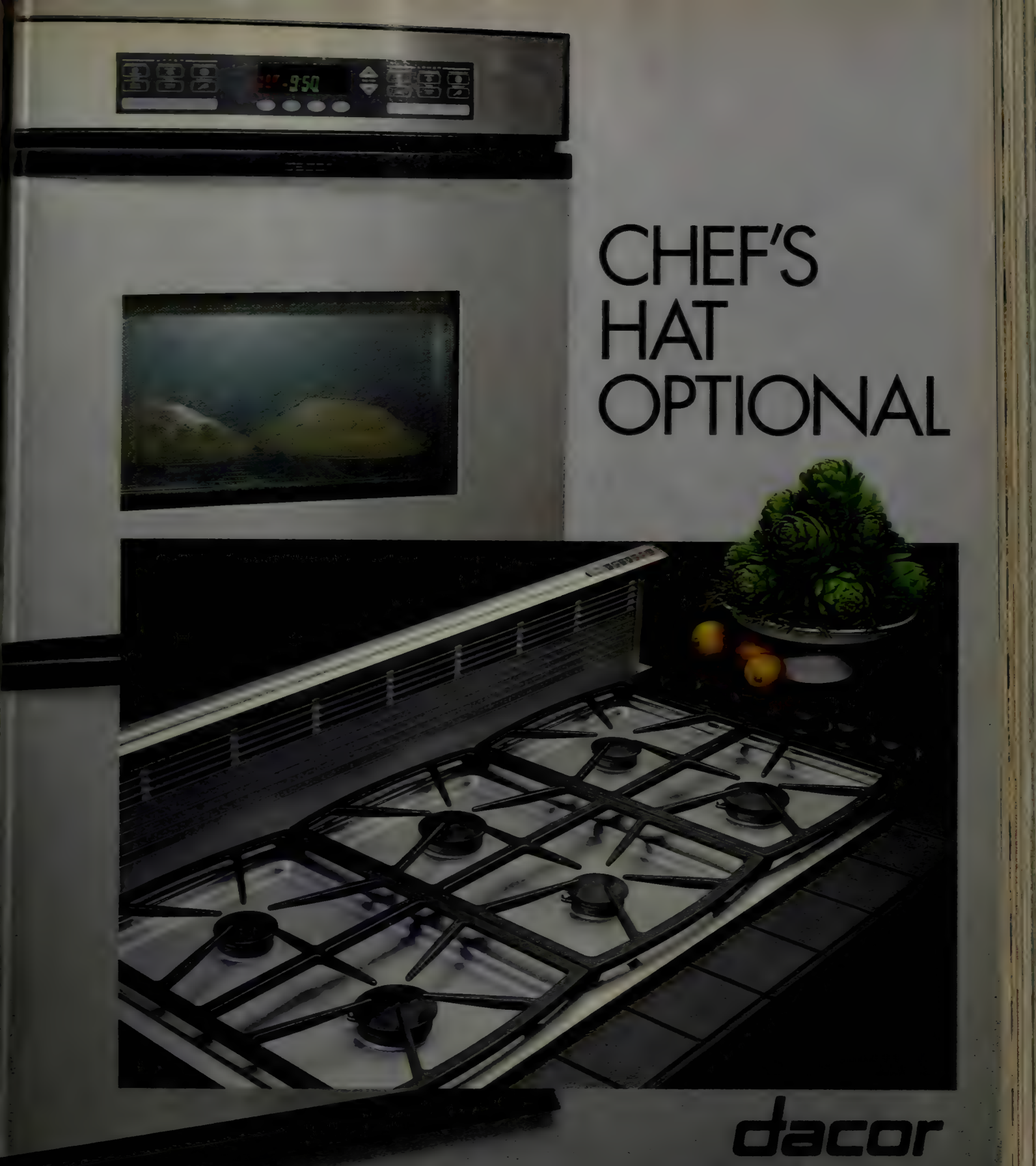
Canvas floorcloths, such as Madeline's one-of-a-kind fern design, *above*, and the checkerboard cloth in her dining room, *page Z2*, add personality to any home. The basics are simple: Determine the floorcloth size and buy primed artist's canvas from an art-supply store. (It usually comes in 52-inch widths.) Tape the canvas in place on a flat surface. Prime with a coat of gesso; let dry. Then, using acrylic paint, add a coat of background color. With pencil and ruler, mark a ½-inch selvage around the entire edge. Mask off graphic designs, such as checkerboards or stripes. (Madeline masked off the large checks on her dining-room cloth, then used a checkered stencil for the border.) Or, paint your design freehand. For leaf or fern patterns, note how Madeline worked several shades of green into her design to add depth and interest. When dry, top with three coats of nonyellowing polyurethane, letting each coat dry at least a day. For extra protection in high-traffic areas, add a coat of paste wax. To finish, turn the cloth over and affix the edges with a glue, such as Elmer's or Weld-Bond, or seal with double-sided carpet tape.



Drying summer's bounty

For "blooming" roses all year long, Madeline's suggests drying them as buds or just as they begin to open. Tie them and them hang upside-down to dry, or place them in a tray of cat litter and cover with a second layer of litter for about a week. Arrange around a foam ball using florists' picks or a hot-glue gun.

continued on page Z20



CHEF'S HAT OPTIONAL

dacor

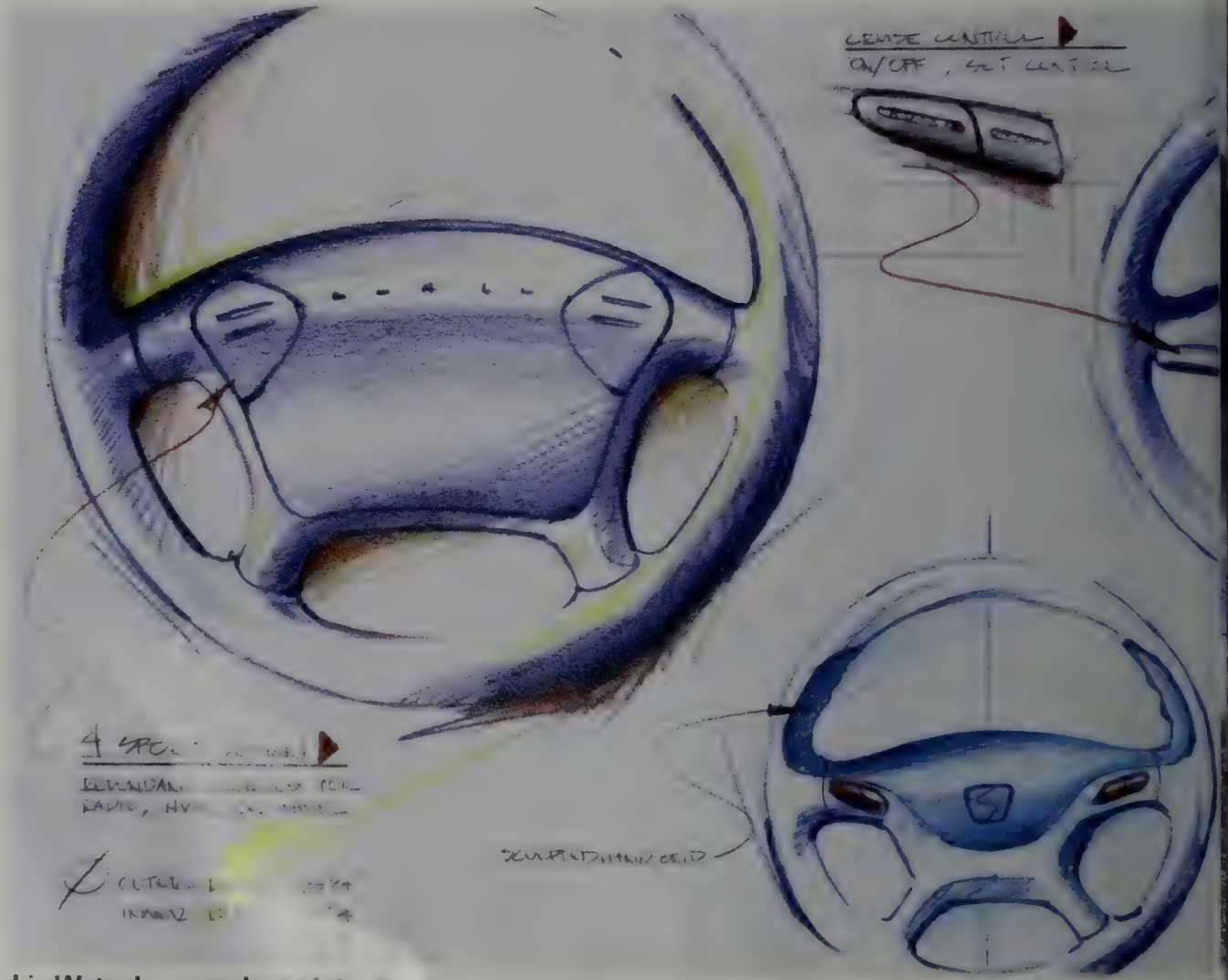
The new DACOR Preference cooktop brings commercial-level performance into your kitchen. Its artistically designed grate system offers a continuous, even surface, while the sealed high output burners make cleaning easy. Versatility is yours with either all gas burners or gas combined with a variety of interchangeable electric cooking modules. You have your preference of woks, glass tops, and barbecues offering griddle and rotisserie options.

Complement your Preference cooktop with the DACOR Convection Plus 27" or 30" self-cleaning oven featuring over-size capacity, dramatically curved panel with electronic touch-pad controls and pure convection cooking. With this DACOR duo at your fingertips... the chef's hat would be a natural.

For your nearest DACOR dealer, contact DACOR, 950 South Raymond Avenue, Pasadena, CA 91109, (818) 799-1000, (800) 793-0093.

"Finding out what th

Doing something about it



Liz Wetzel, a member of the Cadillac Design Team at General Motors, spends a fair amount of listening to customers react to her ideas. This is not always fun. Human nature being what it is, people instinctively want to discount views that don't square with their own. Someti

ustomer wants is easy.

that's the hard part."



General Motors

onding to customer input means scrapping a beloved notion. It can mean a costly
oling or a delay in production. So be it. These days at General Motors, the customer isn't
somebody with an opinion. The customer is a colleague with a whole lot of clout.



1



2



3



4



5



6

Create your own botanical accents

Plain canvas serves as the perfect background for your own painted or stenciled floral or leaf designs, as well as for Madeline Longstreet's original works of art.

You can purchase Madeline's canvas pieces, *above*, or experiment with fabric paints and brushes or with fabric pens to create your own works of fabric art. Consider using painted canvas squares as pillow fronts or chair-seat slipcovers, as Madeline has done, or personalize plain pillow shams, ready-made pillows, or napkins with doilies or stenciled artistry.

SPECIAL MERCHANDISE OFFER

By special arrangement with artist Madeline Longstreet, *Better Homes and Gardens*® magazine is pleased to offer you the opportunity to purchase her designs. Silk-screened on 100% cotton duck fabric squares (for projects of your own choosing) or pre-made into pillows, all six designs shown above are available in two sizes.

TO ORDER

To order with a major credit card, call *Better Homes and Gardens* Reader Shopping Service at 800/881-4066. Refer to the listings, *right*, and be prepared to specify the **exact design**, the **exact product** (square or pillow) and the **exact size** you wish to purchase.

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Please refer to the numbers listed above to choose your design.

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2. Wood Fern
3. Christmas Fern
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The first 1,000 entrants receive a SCRUBBING BUBBLES "Bathroom Organizer."
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1. No purchase necessary. Contest subject to all federal, state and local laws and regulation, void where prohibited.
2. Return completed entry form and attach kids bathtub entertainment and parent bonding tips printed on a 8 1/2" x 11" piece of paper (50 words or less), photos optional.
3. Contest is open to all parents 18 years and older who are residents of the U.S., except employees and immediate family members of DowBrands L.P., its affiliates and agencies.
4. Mail entries to Scrubbing Bubbles Tub Time Contest, 500 North Michigan Ave., Suite 200, Chicago, IL 60611. Must be postmarked by August 31, 1994.
5. DowBrands is not responsible for lost, late, incomplete or misdirected mail.
6. Winners will be selected by Golin/Harris, an independent organization, on the basis of originality, creativity and practicality. Winners will be chosen from all entries received by representatives of DowBrands L.P. on or about September 15, 1994. Decisions of DowBrands L.P. and Golin/Harris are controlling and final.
7. Winners will be notified by mail. For winners' list, send a self-addressed, stamped envelope to address previously noted.
8. All entries and materials submitted become the property of DowBrands L.P. and will not be returned or acknowledged. Entry constitutes permission for DowBrands L.P. to use entrant's name or likeness and adapt, modify, edit, excerpt, publish, promote and otherwise use the entry and its contents as it sees fit.
9. Prizes include: (1) First Prize: $10,000 cash, (1) Second Prize: $2,000 cash, (1) Third Prize: $1,000 cash, (10) Honorable Mentions: $50 cash each. Cash winners receive a monogrammed towel for each child in their family (maximum five towels per winner), retail value $25.00 per towel. Cash winners receive year's supply (one case) of Dow Bathroom Cleaner, retail value $28.00. No prize substitutions allowed. Winners responsible for all applicable taxes.

TUB TIME CONTEST ENTRY FORM

Entries must be postmarked by August 31, 1994

Name: _____

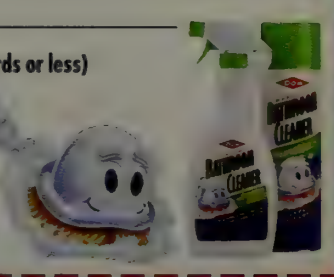
Address: _____

City/State/Zip: _____

Kid(s) Name and Age: _____

Daytime Telephone Number: _____

Attach your tub time tips (50 words or less) to this form and mail to:
SCRUBBING BUBBLES Tub Time Contest
500 North Michigan Avenue, Suite 200
Dept. # 401-BG
Chicago, IL 60611



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Finding your personal style

As easy as choosing favorite flowers for a casual arrangement, the ability to find and express your personal style is just a heartbeat away. Try these exercises:

Remember the rooms of your childhood that welcomed you home. On paper, list the furnishings and colors present in those rooms. These may be comfort symbols and cues to your decorating style.

Flip through magazines, catalogs, and design books, taking note of objects that spark your imagination. If you can, tear out pictures of rooms that evoke a special response. Gather them in a dream book of your decorating plans for the future. If you can't tear up magazines, write down descriptions of favorite rooms. What types of furniture and accessories beg you to take them home?

Check your wardrobe for color clues. If you look good in the colors that [illegible] chances are that you'll find similar colors comfortable to live with at home.

Start a color and pattern box. Just as magazines give you clues to your favorite decorating moods, stores can offer colors and patterns that speak to your heart. Stand in front of the color rack at a paint store and see what catches your eye, then collect samples for your box. In wall covering and fabric stores, ask for cuttings. Pick up samples of tile and wood finishes. A personal theme soon will develop.

Name your style to give it heart and power. Here are some just-for-fun examples: Coastal Cottage, Home on the Range, Country Fresh, Seaside Boathouse.

Get physical. Develop a playful attitude toward decorating. Practice small arrangements of collectibles, then change them two weeks later. Move furnishings from room to room, finding out what feels good and works best. The physical act of doing will put you in touch with what your eyes and heart crave most. ♦



DESIGN

How to Choose Quality Carpet

It takes a heavy pounding from thousands of footsteps, countless spills, and grimy stains, but your carpet should stand up to everyday wear and tear without signs of stress for at least six years. Here's what you need to look for when searching for high quality underfoot.

Compare warranties. Many carpets guard against hard-to-remove stains and signs of excessive wear. Once you're familiar with manufacturers' warranties, evaluate the quality of the carpet based on pile density, fiber content, yarn twist, and construction.

Pile density, the amount of yarn in a carpet, determines how well the carpet wears. When comparing samples of the same fiber, bend the carpet back into a "U" to see how close the individual tufts are to each other and how much backing shows. The less backing you see, the denser the carpet and the better it will perform.

Fibers, either synthetic or natural, each have different characteristics. Nylon, the most popular, resists wear, cleans easily, and maintains its appearance. Nylon is more resilient than other synthetics.

Olefin (polypropylene) resists soil and moisture and often costs less than nylon, but it is not quite as durable. Because it is solution dyed, the color lasts longer.

Polyester fibers are soft, come in bright colors, and cost less than nylon. However, polyester is not as resilient as nylon and has some pilling, so use it in low-traffic areas where color and style are more important.

Acrylic looks and feels like wool for less money; however, wear may cause it to have some fuzzing and pilling.

Wool, a natural fiber, looks beautiful and performs well. It is naturally soil and stain resistant. Although it is the most durable fiber (good-quality wool carpets retain their looks longer than most synthetics), it's also the most expensive. Wool sometimes is blended with nylon or acrylic to bring down the price. Because nylon is stronger and more durable than acrylic, wool/nylon blends generally are more resilient.

Yarn twists should be tight to resist wear. You can check this by looking at the cut ends of the pile to see whether they are neat and tight.

The construction method used for most carpet is tufting, which comes in a variety of textures. Certain textures work better in specific areas. Use velvets, saxonies, and plushes in formal, low-traffic rooms. Level loops and multilevel loops such as berbers have tighter weaves so they perform well in high-traffic areas.

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by Sharon L. Novotne O'Keefe



Accent by Heart

Tucked away in drawers and forgotten nooks could be the makings of a decorative masterpiece—personal treasures that can be gathered into a self-expressive still life. Whether the objects of your affections are artworks or flea market trinkets, show them off boldly. Group them, frame them, or cast them in new roles to give rooms heart and history. Drape a fringed shawl over a lampshade for instant mood, transform jars and baskets into lamps, and stack colorful old books into bases for tray-topped end tables.

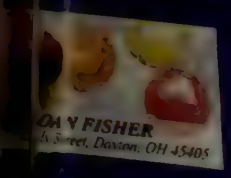
In creating displays, put the largest object in the middle to create the pinnacle of a triangle, then work down and outward on either side. When including a wall, keep hangings low and let table objects slightly overlap the wall hangings.



The bedroom vignette (top) is a creative self-portrait of avid collectors and crafters Greg and Maggie O'Brien. For a lush look, instead of creating one large display where individual objects might get lost in a crowd, they've actually created a series of mini-displays to fill their bureau top. Anchored by larger objects, the separate groupings overlap to connect into a stylish landscape.

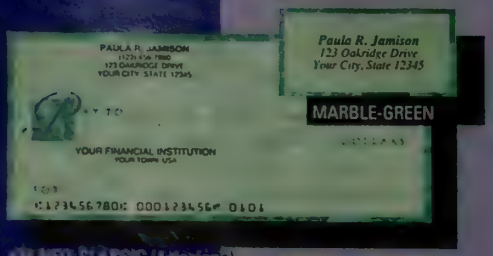
Stripped of its black paint, a secondhand vanity in gleaming ash (bottom) becomes a dutiful and beautiful display piece in Joni Brooks Ruff's Portland, Oregon, home. Its top showcases family photos a medley of similarly styled frames. Note how a lumino tray gathers perfumes into a single element to avoid clutter. Adding texture to the mix is an inexpensive vase wired as a lamp.

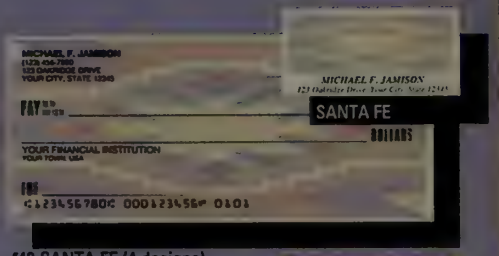
BALANCE YOUR CHECKBOOK WITH MATCHING LABELS



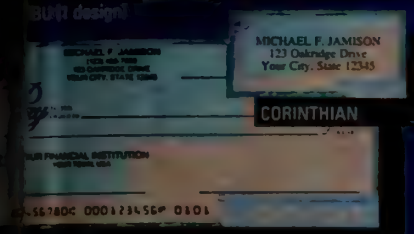


#36 NEO-CLASSIC (4 designs)



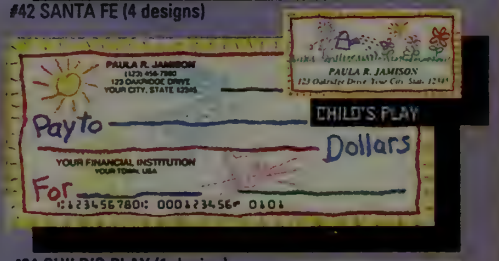


#42 SANTA FE (4 designs)

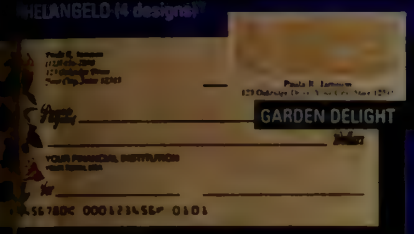


#19 DREAM MACHINES (4 designs)

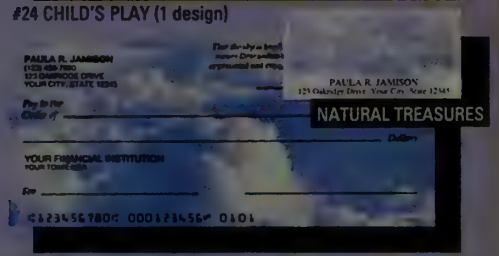




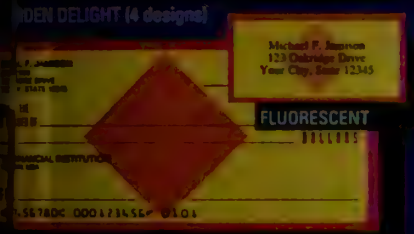
#24 CHILD'S PLAY (1 design)



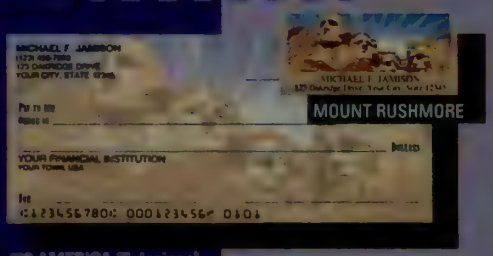




#40 NATURAL TREASURES (4 designs)

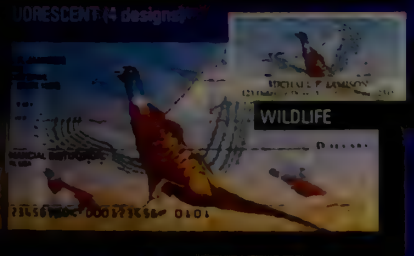


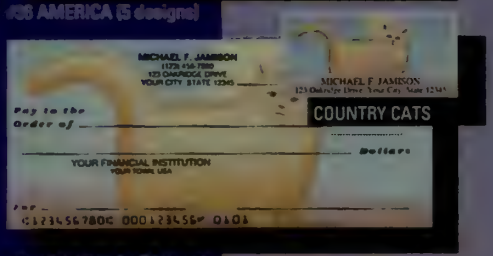
#26 AMERICA (5 designs)



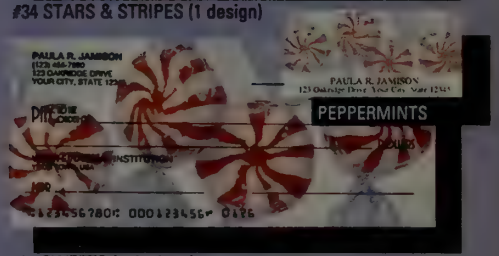


#34 STARS & STRIPES (1 design)





#15 COUNTRY CATS (4 designs)



#37 SWEETS (4 designs)

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behind closed drawers

Kiss kitchen clutter goodbye. By paying as much attention to the inside of their cabinetry as to the outside, these homeowners crafted a kitchen that packs an astounding amount of storage behind its handsome facade. Custom storage features are used alongside stock buyables to render overflowing drawers and disorganized cabinets happily obsolete. Try some of these simple, inexpensive ideas to bust clutter in your kitchen.



This custom storage idea is truly on the cutting edge. A simple rack is built into a top drawer to house all the knives conveniently, but safely, out of the way. What's a knife without a cutting board? A solid-surface chopping block effortlessly slips into the drawer. It boasts a finger hole for lift-out ease.

continued on page 168

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behind closed drawers

continued from page 166

"I just don't like potatoes and onions rolling around in some drawer," the homeowner explains. The answer is a custom pull-out bin that keeps them neat and handy. The wire rack allows air to circulate to prevent spoilage.



Conveniently located across from the serving bar, this pantry has ample space for cleaning supplies on one side and packaged goods on the other. Adjustable shelves easily accommodate varying container sizes.





A pull-out wire rack houses all those everyday cleaning supplies neatly under the sink. The sink front tips open for sponges and scrubbers. A hard-wearing varnish coats the undersink cabinets for extra durability.



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Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below. Some privately owned or custom-made items have been omitted from the product listing.

HEARTS AND HANDS QUILT

Page 87: charms—Creative Beginnings, 475 Morro Bay, CA 93442; 800/992-0276. **Lace gloves**—Linen & Lace, No. 4 Lafayette St., Washington, MO 63090-2541; 800/332-LACE. **Floss**—DMC Corp., Port Kearny Blvd. No. 10, South Kearny, NJ 07032-0650.

MADE-IN-THE-SHADE GARDENING

Pages 111–118: plants—Wayside Gardens, 1 Garden Lane, Hodges, SC 29695-0001; White Flower Farm, P.O. Box 50, Litchfield, CT 06759-0050; Carroll Gardens, 444 E. Main St., P.O. Box 310, Westminster, MD 21157.

WINDOW GARDENS

Pages 121–126: window boxes—Gardener's Eden, Mail Order Dept., P.O. Box 7307, San Francisco, CA 94120-7307. Smith & Hawken, 25 Corte Madera, Mill Valley, CA 94941.

HOME OF THE YEAR

Zoned heating and cooling system, "The Invironment System"—Carrier Corp., ACLS Dept. 811-550, 318 First St., Liverpool, NY 13088-5112; 800/CARRIER. **Built-in vacuum system**—Beam Ind., P.O. Box 189, Webster City, IA 50595. **Intercom system**—NuTone, Inc., Madison and Red Bank Rds., Cincinnati, OH 45277. **Security system**—AAA Security Systems, 104th St. and Hickman Rd., Urbandale, IA 50322. **Underground sprinkler system**—Toro Co., 5825 Jasmine St., Riverside, CA 92504; 800/FORTORO. **Code Plus framing system**—American Plywood Assn., P.O. Box 11700, Tacoma, WA 98411-0700. **Closet storage systems**—Lee/Rowan Co., 6333 Etzel Ave., St. Louis, MO 63133; 800/325-6150; Space-Metrics, 2922 Syene Rd., Madison, WI 53713.

Page 135: chair, table—The Gear Collection from The Lane Co., Inc., P.O. Box 151, Altavista, VA 24517-0151. **Lamp**—The Gear Collection, Alsy Lighting, 1 Early St., Ellwood City, PA 16117. **Birchbark vase**—Lady Slipper Designs, RR 3, Box 556, Bemidji, MN 56601. **Carpet,** "Caribbean" Raggae—DuPont Grand Luxura, Masland Carpets, Inc.; 800/3MASTER. **Wall paint,** "Niagara Reef"—The Glidden Co., 925 Euclid Ave., Cleveland, OH 44115; 800/221-4100. **Polyurethane for wall striping**—Envirocare Water Base Polyurethane, Insl-X Products Corp.; 800/225-5554.

Pages 136–137: exterior siding—American Plywood Assn. (address above). **Windows and exterior French door**—Andersen Windows, Inc., P.O. Box 3900, Peoria, IL 61614; 800/426-4261. **Beveled-glass entry door,** "The French Collection"—Pinecrest, 2118 Blaisdell Ave., Minneapolis, MN 55404-7071. **Entry door latch, lock set,** Plymouth "Bright Brass"—Schlage Lock Co., 2401 Bayshore Blvd., San Francisco, CA 94134. **Exterior paint,** "Potter's Clay" and "Barrister White"—The Glidden Co. (address above). **Treated pine shake shingles**—Southern Forest Products Assn., P.O. Box 641700, Kenner, LA 70064-1700. **Finger-jointed stud framing, oriented-strandboard sheathing, and blown-in cellular insulation**—Louisiana-Pacific Corp., 111 SW. Fifth Ave., Portland, OR 97204. **Brick veneer and pavers**—Glen-Gery Corp., 1166 Spring St., Wyomissing, PA 19610-6001. **Limestone caps on brick walls**—Rowat Cut Stone & Marble, 110 SE. Seventh St., Des Moines, IA 50309.

Pages 138–139 (*left*): sofa, chairs—The Gear Collection from Lane Upholstery, P.O. Box 849, Conover, NC 28613. **Tiered coffee table, lamp table**—The Gear Collection from The Lane Co. (address above). **Lamp**—Alsy/Cresswell Lighting, 1 Early St., Ellwood City, PA 16117. **Windows**—Andersen Windows, Inc. (address above). **Wood blinds,** "Natural" Heartwood—Joanna, A CHF Co., P.O. Box 410727, Charlotte, NC 28241-2076; 800/800-7878. **Wall paint above molding,** "Lodestar"; **wall paint below molding,** "Whispering Wind"—The Glidden Co. (address above). **Throw**—By Gear for Three Weavers, 150 Bennington St., Houston, TX 77022; 800/526-5929. (***Right***)**: sofas**—The Gear Collection, Lane Upholstery (address above). **Coffee table**—The Gear Collection from The Lane Co., (address above). **Throw**—The Gear Collection, Textillery, P.O. Box 3190, Bloomington, IN 47402. **Beveled-glass French door**—Simpson Door Co., P.O. Box 210, McCleary, WA 98557. **Prefinished hardwood flooring,** Paloheimo "Maple Nature" and "Maple Select"—Lamella/Nordic American Corp., 224 Hillside Dr., Atlanta, GA 30342; 404/252-0600. **Wall paint,** "Niagara Reef"—The Glidden Co., (address above). **Polyurethane for wall striping**—Envirocare, Water-base Polyurethane, Insl-X Products Corp., 800/225-5554. **Brick fireplace facing,** "Red Classic"—Glen-Gery Corp., 1166 Spring St., Wyomissing, PA 19610-6001.

Pages 140–141 (*left*): cabinets, "Adagio Natural"—Aristokraft, Inc., P.O. Box 420, Jasper, IN 47547-0420. **Side-by-side refrigerator/freezer**—Amana Refrigeration Inc., Amana Inquiry Services, 2001 Ruppman Plaza, Peoria, IL 61614; 800/843-0304. **Solid-surface countertops,** "Khaki Mirage" and "Frosty White"—Gibraltar Solid Surfacing, 600 General Bruce Dr., Temple, TX 76504. **Sealed gas cooktop,** "Quintessence"; downdraft vent, "Pinnacle"—Dacor, 950 S. Raymond Ave., Pasadena, CA 91109-7202. **Double-bowl and single-bowl sinks,** "Silhouette"—American Standard Inc., 1 Centennial Plaza, P.O. Box 6820, Piscataway, NJ 08855-6820; 800/223-0068. **Dishwasher**—Asko, Inc., 903 N. Bowser, No. 200, Richardson, TX 75081; 800/367-2444. **Wall paint,** "Natural White"—The Glidden Co. (address above). **Ceramic tile backsplashes,** Traviata "Malachite Green"—American Olean Tile Co., 1000 Cannon Ave., Lansdale, PA 19446-0271. **Birchbark baskets**—Lady Slipper Designs (address above). **Countertop appliances**—Braun Appliances USA, 55 Cambridge Pkwy., Cambridge, MA 02142. (***Top right***)**: table, chairs, console**—The Gear Collection from The Lane Co. (address above). **Drapery, chair fabric**—The Gear Collection, Lane Upholstery (address above). **Window shades,** "Arctic White" Silk 'N Satin—Joanna (address above). **Wall paint,** "Whispering Wind"—The Glidden Co. (address above). (***Bottom***)**: built-in ovens,** "Convection Plus"—Dacor (address above). **Microwave oven,** "V.I.P. Series"—Whirlpool Corp., 2000 US 33 N., Benton Harbor, MI 49022; 800/253-1301. **Vinyl flooring,** "Muslin White" and "Timberline Green"—Solarian Color Passions, Armstrong World Ind., Inc., P.O. Box 3001, Lancaster, PA 17604.

Pages 142–143 (*left*): bed, chairs—The Gear Collection from The Lane Co. (address above). **Wall, upholstery, bed skirt fabric**—The Gear Collection, Lane Upholstery (address above). **Bifold closet doors,** "Colonial Eight"—Simpson Door Co. (address above). **Lever door hardware**—Merano "Bright Brass"—Schlage Lock Co. (address above). **Exterior French door and casement windows**—Andersen Windows, Inc. (address above). **Wall paint,** "Corn Silk"—The Glidden Co. (address above). **Pleated shades,** "Arctic White" Silk 'N Satin—Joanna (address above). **Bed linens,** "Les Clochettes"—D. Porthault Collection by Dan River, P.O. Box 261, Danville, VA 24543; 800/782-9568. **Comforter,** "Coming Home With Lands' End"—Lands' End, 1 Lands' End Ln., Dodgeville, WI 53595; 800/345-3696. **Soft-sided water bed,** "Foolish Pleasure"—Strobel Watermattress, 3131 Industrial Pkwy., Jeffersonville, IN 47130; 800/457-6442. **Carpet,** "Caribbean" Raggae—DuPont Grand Luxura, Masland Carpets, Inc.; 800/3MASTER. (***Right***)**: ceramic tile,** Traviata "Pearl Grey"—American Olean Tile Co. (address above). **Whirlpool tub**—Pearl Bath, Inc., 9224 73rd Ave. N, Minneapolis, MN 55428; 800/328-2531. **Tub spout,** "Iris"; **tub handles,** "Fabian"; **towel bars,** "Sottini Collection"—American Standard Inc. (address above). **Pleated shades,** "Arctic White" Silk 'N Satin—Joanna (address above). **Vanity cabinet,** "Saratoga Mist"—Aristokraft, Inc. (address above). **Solid-surface countertop,** "Frosty White"—Gibraltar Solid Surfacing (address above). **Lavatory faucet,** "Iris"; **faucet handles,** "Fabian"—American Standard Inc. (address above).

Page 144 (*top*): two-way gas-log fireplace—Heat-N-Glo Fireplace Products, Inc., 6665 W.

continued on page 172

Consider for a moment how our dog must feel after all your experiments with store-bought flea control.



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So go to your veterinarian for prescription-strength, FDA-approved* flea control today. And stop making your dog feel like you'd rather have a guinea pig for a pet.

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MILES
Agriculture Division

s Inc., Animal Health Products, Shawnee Mission, Kansas 66201 ©1993 Miles Inc.
DA 132-789, NADA 132-337, NADA 132-336, Approved by FDA.
itional information available on request.

Buying Guide

continued from page 170

Hwy. 13, Savage, MN 55378. **Quarry tile on hearth and fireplace front,** Quest "Sahara" and "Bay Blue"—American Olean Tile Co. (address above). **(*Bottom*): intercom system**—NuTone, Inc. (address above). **Double-door cabinets,** "Adagio Natural"—Aristokraft, Inc. (address above). **Cordless phone**—Sony Electronics Inc., One Sony Dr. MD 3E2, Park Ridge, NJ 07656. **Gas cooktop,** "Quintessence"—Dacor (address above).

Page 146 (*top*): prefinished hardwood flooring, Paloheimo "Maple Nature"—Lamella/Nordic American Corp. (address above). **Chairs, table**—The Gear Collection from The Lane Co. (address above). **Wall paint,** "Niagara Reef"—The Glidden Co. (address above). **Wood blinds,** "Fog" Heartwood—Joanna, A CHF Co. (address above). **Laminate work surface on built-in desk,** "Arctic Galaxy"—Wilsonart Laminate, 600 General Bruce Dr., Temple, TX 76504. **Personal computer**—Compaq Computer Corp., 20555 State Hwy. 249 MS 040514, Houston, TX 77070; 800/759-1533. **Telephone/answering machine,** "Friday, the Personal Office Receptionist"—Bogen Communications, 50 Spring St., Ramsey, NJ 07446; 800/456-5513. **(*Inset*): undercounter refrigerator,** "SlimLine"—U-Line Corp., 8900 N. 55th St., Milwaukee, WI 53223. **High-rise faucet and handles,** "Heritage"—American Standard Inc. (address above). **Bar cabinet,** "Adagio Natural"—Aristokraft, Inc. (address above). **Laminate countertop,** "Arctic Galaxy"—Wilsonart Laminate (address above). **(*Bottom*): windows**—Andersen Windows, Inc. (address above). **Chandelier**—George Kovacs Inc., 69-07 68th Pl., Glendale, NY 11385. **Wall paint,** "Natural White"—The Glidden Co. (address above). **Carpet,** "Caribbean" Raggae—Dupont Grand Luxura, Masland Carpets, Inc.; 800/3MASTER.

Page 148 (*top left*): prefinished hardwood flooring, Paloheimo "Maple Nature" and "Maple Select"—Lamella/Nordic American Corp. (address above). **(*Center left*): finger-jointed studs**—Louisiana-Pacific Corp. (address above). **(*Bottom left*): French doors, arched transom, art-glass transom insert**—Andersen Windows, Inc. (address above). **(*Top right*): brick fireplace facing,** "Red Classic"—Glen-Gery Corp. (address above). **(*Center right*): high-rise faucet,** "Amaryllis"; **faucet handles,** "Lexington"; **single-bowl sink,** "Silhouette"—American Standard Inc. (address above). **Solid-surface countertop,** "Khaki Mirage" and "Frosty White"—Gibraltar Solid Surfacing (address above). **Ceramic tile backsplash,** Traviata "Malachite Green"—American Olean Tile Co., 1000 Cannon Ave., Landsdale, PS 19446-0271. **(*Bottom right*): washer and dryer**—Asko, Inc. (address above). **Coated-wire storage system**—Lee/Rowan Co. (address above). **Wall cabinet,** "Adagio Alpine"—Aristokraft, Inc. (address above).



Elegant detailing graces the entry in our Home of the Year.

SMALL BUDGET, BIG STYLE

Pages 152–153: wine glasses—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371. **Rug**—Claremont Rug Co., 6087 Claremont Ave., Oakland, CA 94705. **Coffee table**—The Ginsberg Collection, 190 San Bruno Ave., San Francisco, CA 94103.

Pages 154: sinks, toilet—Eljer Ind., P.O. Box 879001, Dallas, TX 75287-9001; 800/435-5372. **Faucet**—Price Pfister, Inc., 13500 Paxton St., Pacoima, CA 91331. **Recessed lighting**—Lightolier/Genlyt, 100 Lighting Way, Secaucus, NJ 07096-1508.

Pages 156: wallpaper border in tub area—Ronald Redding, NCI Decorative Wallcoverings, P.O. Box 1268, Santa Rosa, CA 95402; 800/358-9991.

Page 159: sisal floor matting—Pier 1 Imports, P.O. Box 961020, Forth Worth, TX 76161-0020; 800/447-4371.

RECIPES TO SAVE YOUR DAY

Page 175: plate—Steve, 9530 Santa Monica Blvd., Beverly Hills, CA 90210. **Butter dish, vase**—Santa Monica Antique Market, 1607 Lincoln Blvd., Santa Monica, CA 90404.

Pages 176–177: plate—Williams-Sonoma, P.O. Box 7456, San Francisco, CA 94120-7456. **Glass**—Crate & Barrel, P.O. Box 9059, Wheeling, IL 60090.

Page 178: plate—Williams-Sonoma (address above). **Yellow pitcher**—Santa Monica Antique Market (address above).

Page 179: bowl—Steve, 9530 Santa Monica Blvd., Beverly Hills, CA 90210.

Page 180: plate—Williams-Sonoma (address above). **Salad plate**—Steve (address above). **Glass**—Eddie Bauer Home Collection, Beverly Center, Los Angeles, CA 90048. **Table**—Santa Monica Antique Market (address above).

Page 181: dish—Crate & Barrel, P.O. Box 9050, Wheeling, IL 60090. **Table**—Santa Monica Antique Market (address above).

Page 182: plate, cups, saucers—Eddie Bauer Home Collection, Beverly Center, Los Angeles, CA 90048. **Napkin**—Steve, 9530 Santa Monica Blvd., Beverly Hills, CA 90210.

Page 184: plate—Eddie Bauer Home Collection (address above). **Screen**—Santa Monica Antique Market (address above).

Page 188 (*top right*): plate—Eddie Bauer Home Collection, Beverly Center, Los Angeles, CA 90048. **Napkin**—Santa Monica Antique Market (address above).

PRIZE TESTED RECIPES®

Page 209 (*left*): plate—Pottery Barn, 231 10th Ave., New York, NY 10011. **(*Right*): plate**—Lindt-Stymeist, 6231 Hollis St., Emeryville, CA 94608.

Page 210 (*left*): dish—Wolfman-Gold & Good Co., 116 Greene St., New York, NY 10012. **(*Right*): fork,** "Sphere"—Izabel Lam International, Inc., 8-03 43 Ave., Long Island City, NY 11101.

Architects & Designers

HEARTS AND HANDS QUILT

Page 87: quilt—Jilann Severson and Kathy Moore.

MADE-IN-THE-SHADE GARDENING

Pages 111–118: Garden designers—Carolyn Atherton, 25 Sirard Lane, San Rafael, CA 94901; Cathy Howard, 1396 Skye Ct., West Linn, OR 97068; James Kim Christensen, 777 SW. Chestnut St., Portland, OR 97219; Tim Clark, P.B.S. The Landscapers, 5555 NW. Beaver Dr., Johnston, IA 50131.

HOME OF THE YEAR

Pages 135–148: Architect—Paul DeGroot, AIA, 8526 Hatton, Houston, TX 77025. **Builder**—Gaylen Eller, Eller Builders Corp., 9604 Iltis Dr., Urbandale, IA 50322. **Landscape design**—Jon Crose, Crose-Gardner Associates, 414 61st St., Des Moines, IA 50312. **Lighting design**—Larry Creasy and Mike Oberst, Georgia Lighting, with the American Lighting Institute, 530 14th St., Atlanta, GA 30318.

SMALL BUDGET, BIG STYLE

Pages 151–159: Designer—Nancy Kriel, A Design Resource, 565 Bellevue Ave., No. 904, Oakland, CA 94610-5017.

Looking for great taste and less fat?



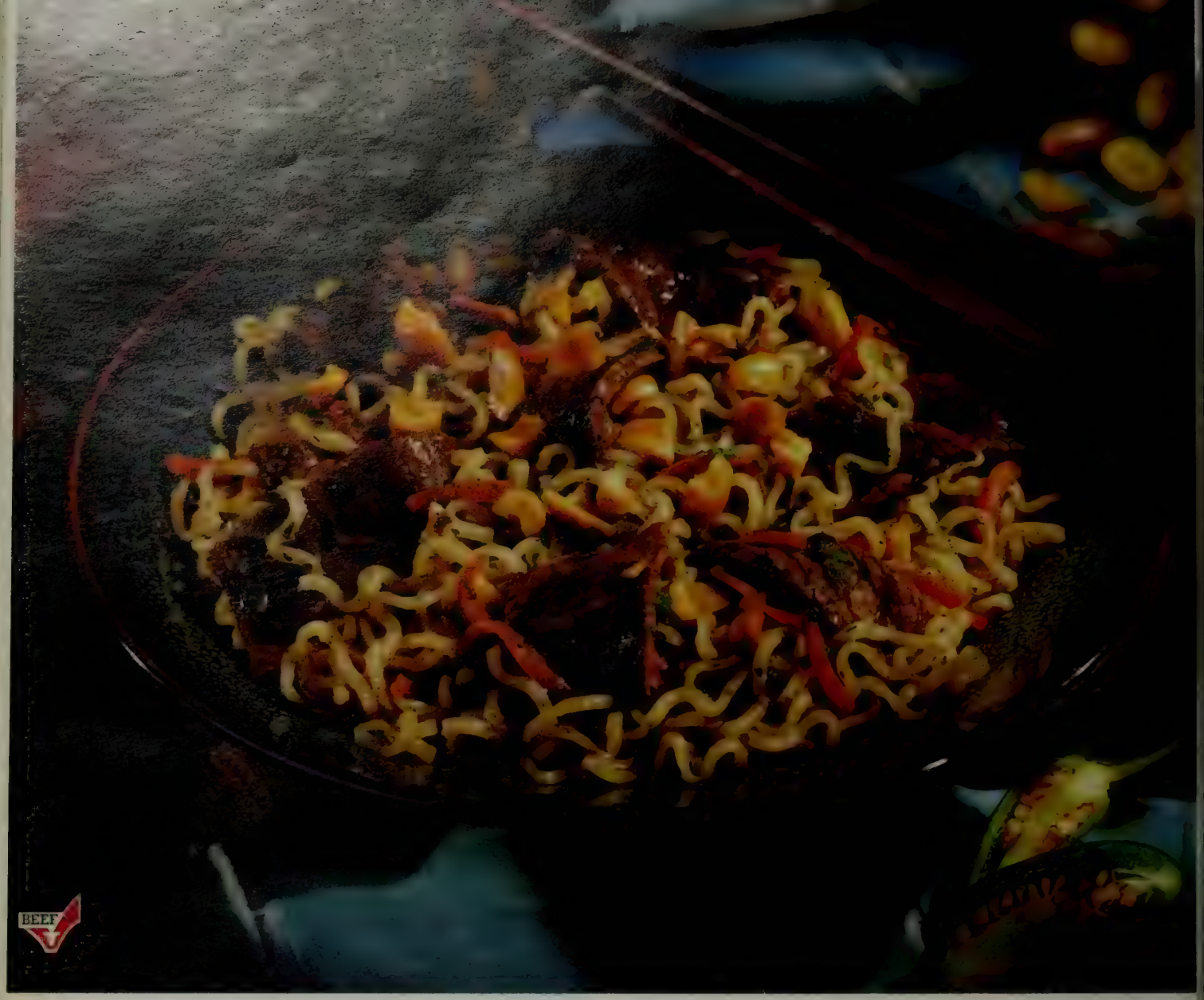
Lean in this direction.



Look no further than Kibbles 'n Bits® Lean. Because all dogs love its even better taste. And it still has 30% less fat. With even more vitamins, minerals and protein than before.

I'M GONNA GET ME SOME KIBBLES 'N BITS® LEAN

© 1993 The Quaker Oats Company



ENJOY CENTURIES OF ASIAN CULTURE IN 25 MINUTES.

If you'd like to learn more about an interesting culture that's lasted for centuries, but you've only got half an hour, simply follow this easy recipe. You'll soon learn several things: 1. Obviously, the folks in Asia must have better things to do than spend hours on dinner each night. 2. They don't seem to be interested in cleaning a bunch of and pans. 3. Appare they have a prefere for tasty food, instea food that's bland.

Isn't it just amaz how much you can l from exotic and fara cultures?

ASIAN BEEF NOODLES – 25 MINUTES

- 1 pound beef round tip steaks, cut ⅛" to ¼" thick
- 1 jalapeño pepper, finely chopped
- 1 tablespoon vegetable oil
- 1 pkg. (3 oz.) beef flavor instant ramen noodles
- ¼ cup steak sauce
- 1 medium carrot, shredded
- 2 tablespoons chopped fresh cilantro or green onion
- ¼ cup chopped peanuts

1. Stack beef steaks; cut into 1" x 3" strips. In medium bowl, combine beef, jalapeño pepper and oil; toss to coat. **2.** Break noodles into 4 pieces; reserve seasoning packet. Cook noodles as package directs; drain. **3.** Heat large nonstick skillet over medium-high heat until hot; stir-fry beef (½ at a time) 1 minute or until no longer pink. (Do not overcook.) Remove beef; keep warm. **4.** In same skillet, combine noodles, steak sauce, carrot, cilantro and reserved seasoning. Cook over medium heat until hot, stirring occasionally. Then return beef to skillet; mix lightly. Sprinkle with peanuts. Makes 4 servings.

BEEF

IT'S WHAT'S FOR DIN

© 1994 Beef Industry Council and Beef Board

Our Best RECIPES

This month, you'll find:

Recipes to Save Your Day

Little Ways to Make Life Easier p.176

Prizewinning Recipes

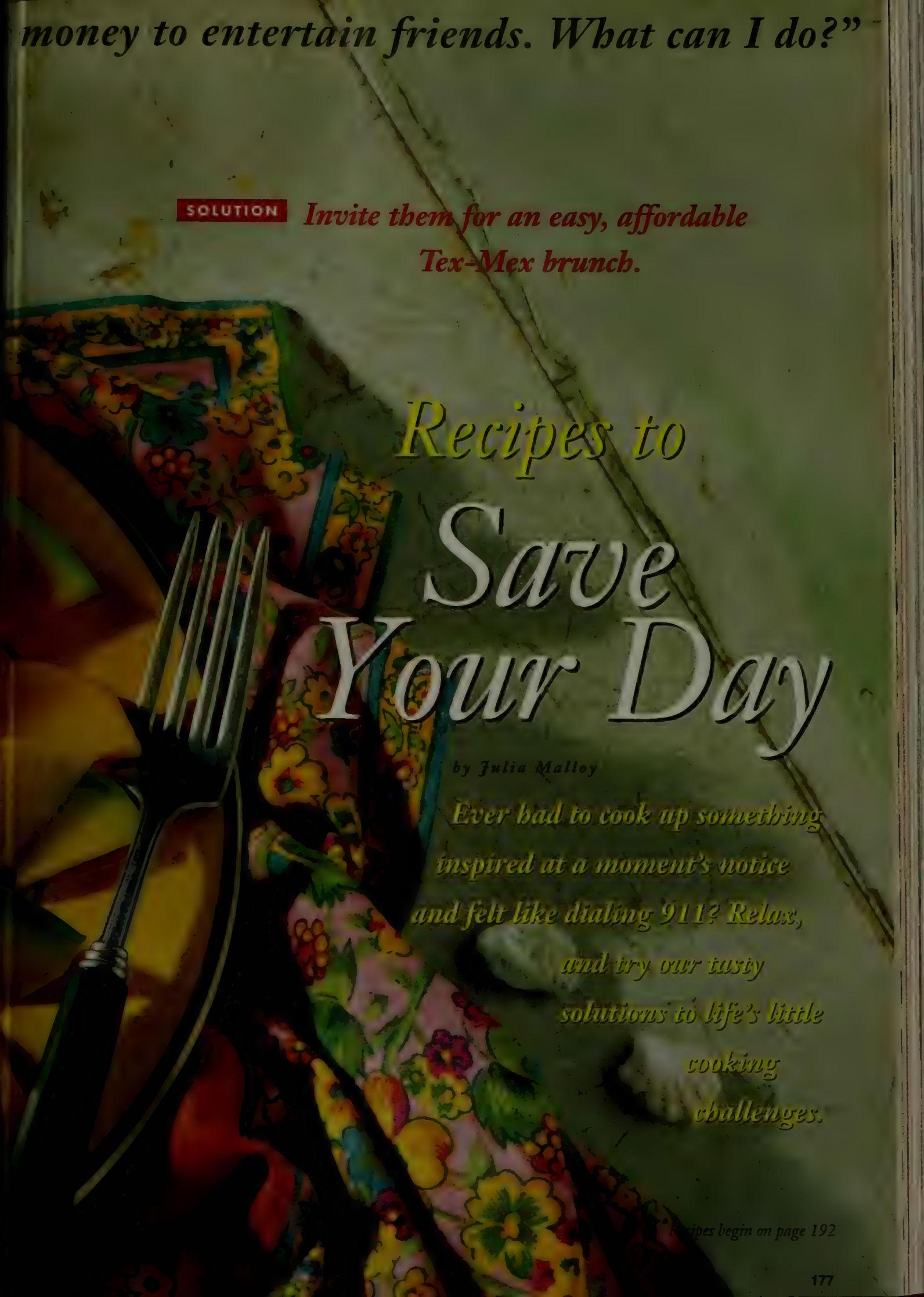
Coconut Desserts
Main-Dish Salads p.209

Ribbon-of-Fruit Teacake, p.190


"I don't have the ti
MOCK
MARGARITA
PUNCH
ORANGE
SPICE BUNS
SCRAMBLED
EGG FAJITAS

money to entertain friends. What can I do?"

SOLUTION *Invite them for an easy, affordable Tex-Mex brunch.*



Recipes to Save Your Day

by Julia Malloy

Ever had to cook up something inspired at a moment's notice and felt like dialing 911? Relax, and try our tasty solutions to life's little cooking challenges.

Recipes begin on page 192



"How can I make yesterday's leftovers taste great today?"



SOLUTION

DAY 1

◂ ***Roast Pork with Thyme-Mushroom Sauce***

Save half for another meal.

DAY 2

▲ ***Creamy Mostaccioli with Snap Peas***

Your family will never recognize the leftovers.

Recipes begin on page 197


"Help! My boss is coming to dinn



What can I serve that won't stress me out?

SOLUTION

Keep dinner simple and make it ahead.

CITRUS-MARINATED
FLANK STEAK

GRILLED
SPRING VEGETABLES

SPICED GREENS WITH
FETA AND WALNUTS

RHUBARB-STRAWBERRY ICE

SPARKLING WATER
RED OR WHITE ZINFANDEL

Recipes begin on page 198

"I need a quick dessert that looks like I spent hours in the kitchen."



SOLUTION

Lemon-Curd Pastry with Mixed Berries

Hats off to frozen puff pastry.

Recipe begins on page 201



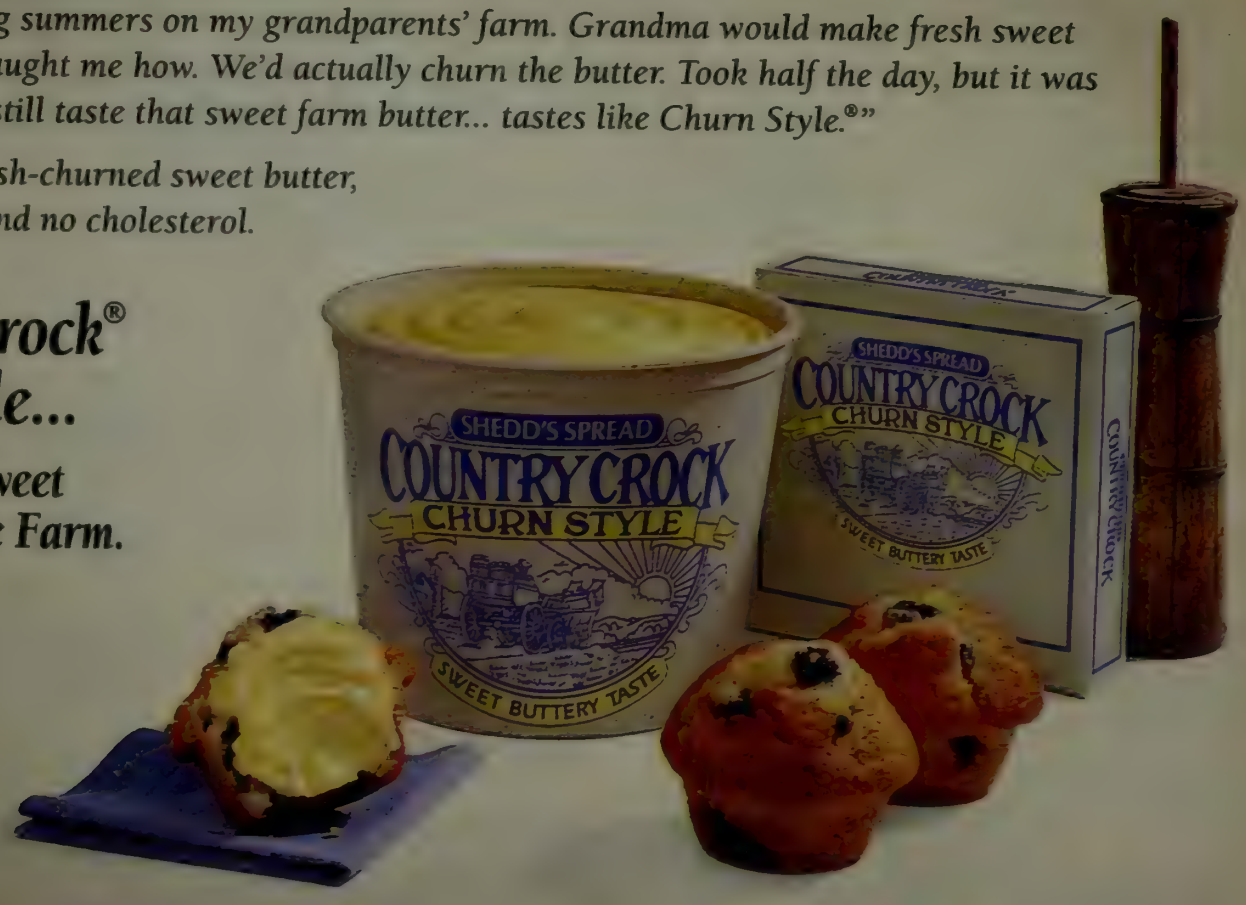
Sweet, buttery taste like I remember."

"I loved spending summers on my grandparents' farm. Grandma would make fresh sweet utter. She even taught me how. We'd actually churn the butter. Took half the day, but it was o worth it. I can still taste that sweet farm butter... tastes like Churn Style.®"

The taste of fresh-churned sweet butter, ut with less fat and no cholesterol.

Country Crock® Churn Style...

he Taste of Sweet utter from the Farm.



Van den Bergh Foods, Inc.

"What no-bake dessert can I put together and serve on the spot?"



SOLUTION

Tiramisu Cake

They'll never know you bought the angel food cake.

Recipe begins on page 202

Double Delicious Cookie Bars in just 10 minutes...

It's as easy as Eagle® Brand



Eagle® Brand Double Delicious Cookie Bars

(Prep Time: 10 Minutes)

Count on Eagle Brand Sweetened Condensed Milk for chewy, chewy cookie bars no one can resist. Created by the Borden Kitchens. Eagle Brand classic dessert recipes are always quick, easy and incredibly delicious.



- 1/2 cup margarine or butter
- 1-1/2 cups graham cracker crumbs
- 1 (14-oz.) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- 1 (12 oz.) package semi-sweet chocolate chips
- 1 cup peanut butter chips

Preheat oven to 350° (325° for glass dish). In 13x9-inch baking pan, melt margarine in oven. Sprinkle crumbs evenly over margarine; pour Eagle® Brand evenly over crumbs. Top with chips; press down firmly. Bake 25 to 30 minutes or until lightly browned. Cool. Cut into bars. Store loosely covered at room temperature. (Makes 24 to 36 bars.)

...her classic Eagle® Brand dessert

BORDEN

"What fun school treat can the kids help me make?"



SOLUTION

May Day Cookies

Color and shape a spring bouquet from purchased cookie dough.

Recipe begins on page 204
Buying information, page 172

SUDDENLY, PASTA PRIMAVERA TAKES ON A WHOLE NEW FLAVOR.



Hidden Valley Ranch® Pasta Primavera. Cook 8 oz. rotelle pasta. Drain. Stir in 3 Tbsp. olive oil, one package Hidden Valley Original Ranch® Salad Dressing Mix and 16 oz. thawed vegetable medley. Heat and serve. Makes 4 to 6 servings.



Our secret blend of ranch seasonings will make everyday pasta taste special.

One-step recipe. One-of-a-kind flavor.™

Save-Your-Day Recipes

continued from page 186



At 115 calories per serving, Halibut with Garden-Style Marinara Sauce suits both dieters and families who want to eat more healthfully.

"We need dinner fast, but how can we have fresh flavor too?"

SOLUTION This fabulous fish dish goes together quickly and cooks in 10 minutes, thanks to your microwave oven.

HALIBUT WITH GARDEN-STYLE MARINARA SAUCE

Go fish! Serve this healthful entrée with couscous, a grainlike pasta. Look for couscous near the rice or pasta section of your supermarket.

- 2 fresh or frozen cod, halibut, salmon, or shark steaks, cut 1 inch thick (about 1 lb.)
- ½ tsp. lemon-pepper seasoning
- 1 small zucchini and/or yellow summer squash
- ½ of a small onion, sliced and separated into rings
- 1 clove garlic, minced
- 2 Tbsp. water
- 1½ tsp. snipped fresh oregano or ½ tsp. dried oregano, crushed
- 1 8-oz. can stewed tomatoes
- 2 tsp. cornstarch
- Dash bottled hot pepper sauce
- Hot cooked couscous (optional)

Thaw fish, if frozen. Place steaks in a 2-quart square microwave-safe baking dish. Cover with microwave-safe plastic wrap; turn back one corner to vent. Cook on 100% power (high) for 4 to 8 minutes or till fish flakes easily, turning and sprinkling with *¼ teaspoon* of the lemon-pepper seasoning after 1 minute. Let stand, covered, while preparing sauce.

For sauce, cut squash in half lengthwise; cut into thin slices. (You should have 1 cup.) In a 1-quart microwave-safe casserole combine squash, onion, garlic, water, oregano, and remaining lemon-pepper. Cook, covered, on high about 3 minutes or till nearly tender.

Stir together tomatoes, cornstarch, and pepper sauce; add to vegetable mixture. Cook, covered, on high for 1 to 3 minutes more or till thickened and bubbly, stirring every 30 seconds. Cook on high for 1 minute more. To serve, spoon vegetables and sauce atop fish. If desired, serve with hot cooked couscous. Makes 4 servings.

Nutrition facts per serving: 115 cal., 1 g total fat (0 g sat. fat), 43 mg chol., 343 mg sodium, 8 g carbo., 1 g fiber, 19 g pro. Daily Value: 4% vit. A, 17% vit. C, 3% calcium, and 7% iron.

"I need a great idea to tote to our neighborhood potluck."

SOLUTION Take along an extraordinary salad or a platter of vegetables with a sensational dip.

TARRAGON RICE SALAD

The herb vinaigrette makes this a safe salad to tote on warm days.



Stack a few butterhead lettuce leaves together to make a colorful catchall for Tarragon Rice Salad.

- 1 cup water or vegetable broth
- ½ cup regular brown rice
- ⅓ cup salad oil
- ¼ cup white wine vinegar
- 2 Tbsp. water
- 4 tsp. snipped fresh tarragon or 1 tsp. dried tarragon, crushed
- ½ tsp. salt
- ⅛ tsp. pepper
- 1 medium cucumber, chopped (1¾ cups)
- ½ cup snipped fresh parsley
- ½ cup thinly sliced green onion
- 1 cup halved pea pods, steamed and chilled
- ⅓ cup halved and thinly sliced radishes
- 1 head butterhead lettuce

In a medium saucepan bring the 1 cup water or broth to boiling; add uncooked brown rice. Reduce heat. Cover and cook for 30 to 35 minutes or till tender. Cool.

For dressing, in a screw-top jar combine oil, vinegar, the 2 tablespoons water, tarragon, salt, and pepper; cover and shake well to mix.

In a large bowl combine rice, cucumber, parsley, and green onion. Add dressing to rice mixture; toss to coat. Cover and chill overnight.

Stir in pea pods and radishes. Using a slotted spoon, spoon salad into lettuce cups. If desired, arrange melon around lettuce cups; garnish with tarragon. Serves 6 to 8.

continued on page 190

CREATE A STIR AT DINNER IN TEN MINUTES OR LESS.



Hidden Valley Ranch® Chicken Stir-fry. Heat 1 Tbsp. vegetable oil in large skillet or wok. Add 1/2 lb. boneless, skinless chicken breast cut into thin strips. Stir in one package Hidden Valley Original Ranch® Salad Dressing Mix to coat chicken. Add 16 oz. thawed vegetable medley and 2 Tbsp. water. Stir-fry about 2 minutes. Makes 4 servings.

Our secret blend of ranch seasonings will make everyday chicken taste special.



One-step recipe. One-of-a-kind flavor.™

Save-Your-Day Recipes

continued from page 188

Nutrition facts per serving: 189 cal., 13 g fat (2 g sat. fat), 0 mg chol., 188 mg sodium, 17 g carbo., 2 g fiber, 3 g pro. Daily Value: 8% vit. A, 45% vit. C, 3% calcium, 10% iron.



Use a whole artichoke as a container for Creamy Artichoke Dip.

CREAMY ARTICHOKE DIP

To take this dip to your next gathering, pack the dip and dippers in separate containers on ice. Assemble the vegetable platter at the party.

- 2 large artichokes
- 2 Tbsp. water
- ½ cup shredded smoked mozzarella, edam, gouda, or cheddar cheese (2 oz.)
- 1 8-oz. carton dairy sour cream or low-fat dairy sour cream
- 2 tsp. capers, drained
- 2 tsp. snipped fresh basil or ½ tsp. dried basil, crushed
- Assorted vegetable dippers, such as Belgian endive leaves, steamed pea pods, cauliflower flowerets, red or yellow cherry tomatoes, cut-up radishes, or peeled baby carrots

Wash and trim stems of artichokes. Place in a microwave-safe casserole with water. Micro-cook, covered, on 100% power (high) for 7 to 9 minutes or till a leaf pulls out easily. Drain and cool.

Discard small outer leaves of 1 cooled artichoke. Pull off large leaves; cover and chill leaves till serving time. Pull out the tender leaves from the center as a single clump. Remove the fuzzy choke by scooping it out with a spoon; discard the choke. Finely chop the heart.

In a blender container or food processor combine cheese, sour cream, capers, and basil. Cover and blend or process till smooth, stopping occasionally to scrape down sides. Stir in the artichoke heart. Cover and chill till serving time.

To serve, remove center leaves, choke, and heart from remaining artichoke. Spoon dip into center, spreading outer leaves. If desired, garnish with additional capers and a Belgian endive leaf. Arrange artichoke leaves and other vegetables around dip. Makes 1½ cups dip.

Nutrition facts per tablespoon dip: 62 cal., 5 g total fat (3 g sat. fat), 11 mg chol., 57 mg sodium, 3 g carbo., 1 g fiber, 2 g pro. Daily Value: 5% vit. A, 3% vit. C, 5% calcium, 1% iron.

"It's my turn to take treats tomorrow and I don't feel like running to the store. Any suggestions?"

SOLUTION Create this luscious coffee cake from ingredients you keep on hand in your pantry.

RIBBON-OF-FRUIT TEACAKE

A layer of fruit pie filling swirls through this streusel quick bread.

- 2¼ cups all-purpose flour
- ¾ cup sugar
- ¾ cup margarine or butter
- ½ tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. ground nutmeg
- ⅛ tsp. salt
- 1 beaten egg
- ⅔ cup sour milk* or buttermilk
- 1 tsp. vanilla
- 1¼ cups canned fruit pie filling, such as cherry, apricot, raisin, strawberry, peach, blueberry, or blackberry
- 1 recipe Vanilla Icing (see recipe, below)

Grease and flour an 11-inch fluted tart pan with a removable bottom or a 2-quart rectangular baking dish.

In a large bowl stir together flour and sugar. Cut in margarine or butter till mixture resembles coarse crumbs. Reserve *½ cup* for topping.

For batter, into remaining flour mixture stir baking powder, baking soda, nutmeg, and salt. Make a well in the center. In a small bowl combine egg, sour milk, and vanilla; add all at once to flour mixture. Stir just till moistened. Reserve *1 cup* batter.

Spread remaining batter onto bottom and 1 inch up sides of prepared pan. Carefully spread the desired pie filling on top. Spoon reserved batter into small mounds atop filling. Sprinkle with topping.

Bake in a 350° oven till golden, allowing 45 minutes for tart pan or 40 minutes for baking dish. Cover edges with foil after 30 minutes, if necessary, to prevent overbrowning.

Cool in pan on a wire rack for 15 minutes. For tart pan, remove sides and bottom. Drizzle with Vanilla Icing. Serve warm or cool. Cut into wedges or squares. Serves 8.

**Note:* To make sour milk, add 1 teaspoon lemon juice to ⅔ cup milk. Let stand for 5 minutes.

Vanilla Icing: Stir together ½ cup sifted powdered sugar, ½ teaspoon vanilla, and milk (1 to 2 teaspoons) to make of drizzling consistency.

Nutrition facts per serving: 442 cal., 19 g total fat (4 g sat. fat), 28 mg chol., 310 mg sodium, 64 g carbo., 1 g fiber, 5 g pro. Daily Value: 24% vit. A, 1% vit. C, 3% calcium, and 11% iron.

continued on page 192


"I can believe you raised the dough, extracted the vanilla and lined up a couple of elephants just to make me cookies for a rainy day, but...I Can't Believe It's Not Butter!®"
Whether you're baking for two or for a whole boatload, try I Can't Believe It's Not Butter! It's flavored with sweet cream buttermilk for a fresh butter taste, yet this spread has no cholesterol. So enjoy!
I Can't Believe It's Not Butter!
NO CHOLESTEROL
UNSALTED
Sweet Cream Buttermilk
The Taste You Love Without The Cholesterol.™

Save-Your-Day Recipes

continued from page 190

TEX-MEX BRUNCH

Feed a hungry crew for less than $2.00 a serving with this easy buffet-style brunch. The secret to saving money lies in the ingredients you use. For example, this menu has no costly meats or seasonings. For a fresh fruit serve-along, choose fruits that are in season or on special.

To ease preparation, stir up the egg filling and bake the buns the night before. Before your guests arrive in the morning, prepare the drink base, reheat the buns, and cut up the fruit. Wait until everyone arrives to scramble the eggs.

SCRAMBLED EGGS FAJITAS

Set the eggs and warm tortillas on the buffet table to let guests help themselves. They can shape tortillas into a cone to hold the egg filling or roll them enchilada style.

- 12 6-inch flour tortillas
- 12 eggs
- ⅔ cup milk, light cream, or half-and-half
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 Tbsp. cooking oil
- 1 11-oz. can whole kernel corn with sweet peppers, drained
- ½ cup thinly sliced green onion
- 1 cup shredded reduced-fat or regular Monterey Jack cheese with jalapeño peppers
- Salsa

Wrap tortillas in a stack in foil; heat in a 350° oven for 10 minutes to soften. (Or, wrap tortillas in microwave-safe paper towels; heat in a microwave oven on high about 1 minute or till softened.)

Meanwhile, in a large bowl beat together eggs, milk or light cream, salt, and pepper.

To scramble eggs, in a very large skillet heat oil over medium heat. Add egg mixture. Cook, without stirring, till mixture begins to set on bottom and around edge. Add corn and *¼ cup* of the green onion.

Using a large spatula, lift and fold partially cooked eggs so the uncooked portion flows underneath. Add cheese. Cook over medium heat till cooked but still glossy and moist. Remove from heat. Sprinkle with remaining green onion.

To serve, spoon eggs into a serving container and place tortillas in a tortilla warmer or basket. Let guests serve themselves from the buffet table. Serve with salsa. Makes 6 main-dish servings.

Nutrition facts per serving: 515 cal., 23 g total fat (7 g sat. fat), 441 mg chol., 917 mg sodium, 53 g carbo., 1 g fiber, 26 g pro. Daily Value: 27% vit. A, 25% vit. C, 15% calcium, 30% iron.

Cost per serving: $1.15

ORANGE SPICE BUNS

Shape and bake these cinnamony buns from frozen bread dough the night before. The next morning, reheat and drizzle with Orange Glaze.

- 1 16-oz. loaf frozen sweet bread dough
- 1 Tbsp. margarine or butter, melted
- 2 Tbsp. sugar
- 1 tsp. ground cinnamon
- 1 recipe Orange Glaze (see recipe, right)

Thaw dough according to package directions. On a lightly floured surface, pat or roll dough into a 12x6-inch rectangle. (If dough is difficult to roll, let it rest for 10 minutes for easier handling.) Cut crosswise into twelve 6x1-inch strips. With your fingers, stretch each strip to 10 inches long. To shape into rosettes, tie each rope into a loose knot, leaving 1 long end. Tuck the end under the roll (see photograph, above). Place 2 inches apart on a lightly greased baking sheet. Cover with a clean towel and let rise in a warm place till double (about 30 minutes).



To shape each bun into a rosette, tie each rope into a loose knot, leaving 1 long end. Tuck the end under the roll.

Brush rosettes with margarine or butter. Combine sugar and cinnamon; sprinkle over dough. Bake, uncovered, in a 375° oven for 10 to 12 minutes or till golden. Cool on a wire rack. Drizzle with Orange Glaze. Makes 24.

Orange Glaze: In a small bowl stir together 1 cup sifted powdered sugar and enough orange juice (1 to 2 tablespoons) to make an icing of drizzling consistency. If orange color is desired, stir in a few drops of yellow and red food coloring.

Nutrition facts per bun: 69 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 13 mg sodium, 13 g carbo., 0 g fiber, 1 g pro. Daily Value: 0% vit. A, 0% vit. C, 1% calcium, 3% iron.

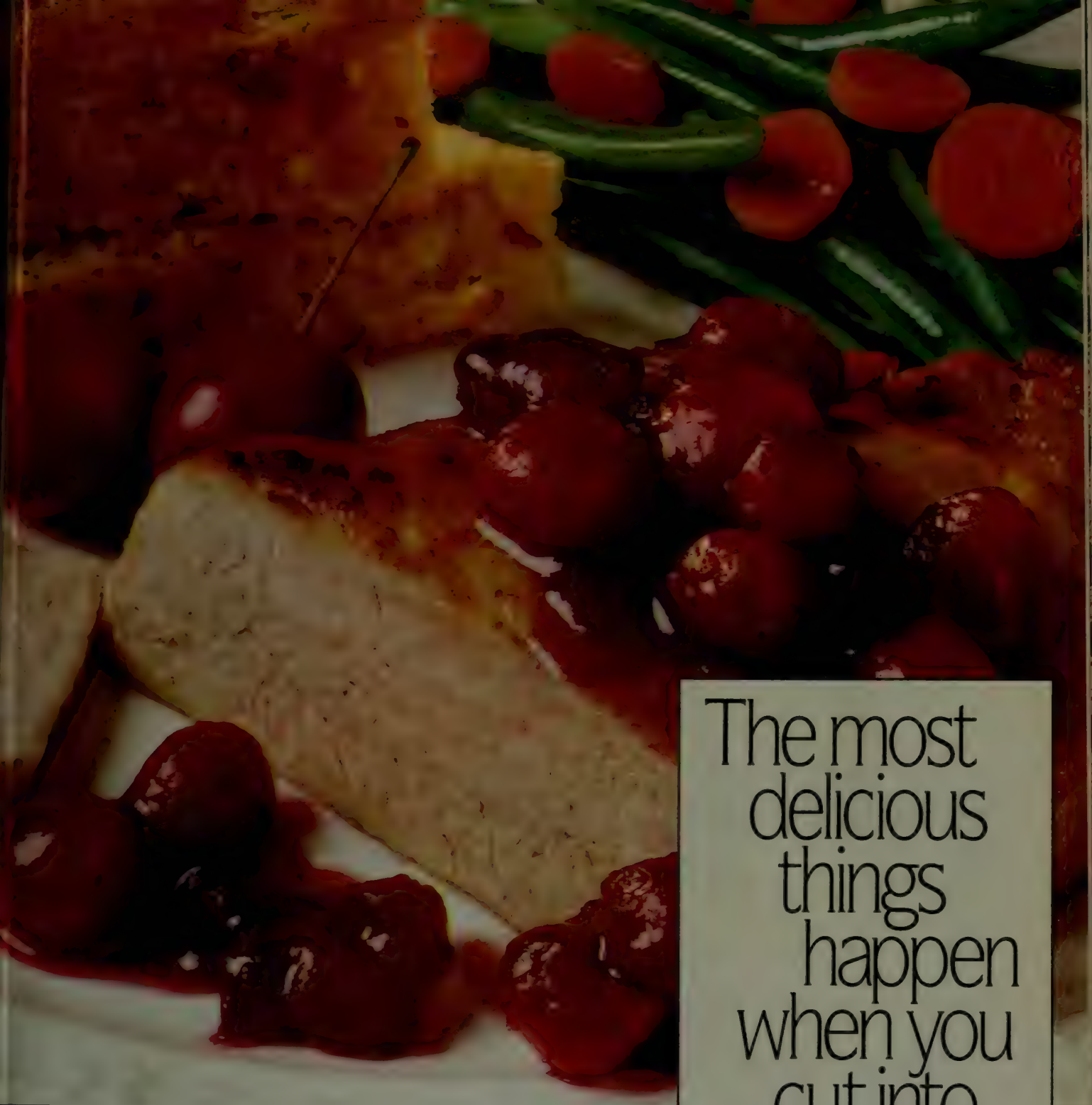
Cost per serving: $.20

MOCK MARGARITA PUNCH

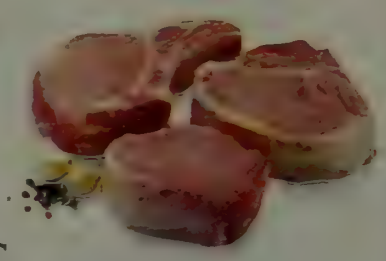
For the look of real margaritas, moisten and dip the rims of the glasses into crystal or coarse sugar before pouring this fruity punch.

- 1 cup orange juice
- ¾ cup unsweetened grapefruit juice
- 1 6-oz. can (⅔ cup) frozen limeade concentrate, thawed
- 2 cups sparkling water or lemon-lime carbonated beverage

continued on page 197



The most delicious things happen when you cut into pork.



hese Tangy Fruit Pork Chops will get you out nner jam anytime. All it takes is some fresh, boneless pork chops and a few extra ients you probably already have on hand. ration and cooking time: 20 minutes.

Tangy Fruit Pork Chops

four boneless **pork loin chops** in large nonstick skillet with ½ teaspoon **able oil**, turn chops. Stir in ½ cup of **cranberry sauce or your favorite am** and one tablespoon each prepared **mustard** and **vinegar.** Cover mmer gently for five minutes. Serve with cornbread and your favorite ble. Serves four.

nformation, approximately, per serving: 226 cal.; 8 g. total fat; 3 g. saturated fat; 70 mg. cholesterol.

For recipes, send a self-addressed, stamped, business-size envelope to:
Recipes-Ad, Box 10383, Des Moines, IA 50306.

nalysis done by The Food Processor II Diet Analysis Software. Pork data from USDA Handbook 8-10 (1991).

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Save-Your-Day Recipes

continued from page 192

Ice cubes
Orange, lemon, or lime slices (optional)

In a pitcher stir together orange juice, grapefruit juice, and limeade concentrate. Just before serving, stir in sparkling water. Add ice cubes and citrus slices, if desired. Makes 6 (6-ounce) servings.

Nutrition facts per serving: 84 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 3 mg sodium, 21 g carbo., 0 g fiber, 0 g pro. Daily Value: 0% vit. A, 47% vit. C, 1% calcium, 0% iron.

Cost per serving: $.26

ROAST PORK WITH THYME-MUSHROOM SAUCE

Pork roasts to juicy perfection while you do other things. Remember to save some to make Creamy Mostaccioli.

2 Tbsp. dry white wine
1 Tbsp. peppercorn mustard or Dijon-style mustard
1½ tsp. snipped fresh thyme or ½ tsp. dried thyme, crushed
¼ tsp. salt
¼ tsp. pepper
1 2- to 3-lb. boneless pork rib-end roast (Chef's Prime)
1 lb. tiny new potatoes, halved
8 oz. baby carrots
1 medium red onion, cut into wedges
1 Tbsp. olive oil
1 Tbsp. balsamic or white wine vinegar
½ tsp. salt
1 cup Thyme-Mushroom Sauce (see recipe, right)

For mustard coating, in a small bowl combine wine, mustard, thyme, the ¼ teaspoon salt, and pepper. Brush onto roast. Place roast, fat side up, on a rack in a shallow roasting pan. Insert a meat thermometer. Roast in a 325° oven for 1 to 2 hours or till the temperature reaches 160°, brushing occasionally with mustard sauce.

Meanwhile, cook potatoes and carrots in boiling salted water about 10 minutes or till almost tender; drain. Toss potatoes, carrots, and onion wedges with the olive oil, vinegar, and the ½ teaspoon salt; add to the roasting pan the last 15 minutes of roasting.

Slice *two-thirds* of the roast; serve with the roasted vegetables and *1 cup* of the Thyme-Mushroom Sauce. (Cover and chill remaining roast and sauce for Creamy Mostaccioli with Snap Peas for up to 3 days). Makes 4 servings.

Nutrition facts per serving: 425 cal., 16 g total fat (4 g sat. fat), 69 mg chol., 764 mg sodium, 40 g carbo., 4 g fiber, 28 g pro. Daily Value: 135% vit. A, 31% vit. C, 12% calcium, 24% iron.

THYME-MUSHROOM SAUCE

This sauce appears first as a gravy for roast pork, then as a sauce for pasta.

6 oz. halved or cut-up fresh mushrooms (porcini, morel, cèpes, oyster, chanterelle, shiitake, or white)
½ cup chopped onion
2 cloves garlic, minced
1½ tsp. snipped fresh thyme or ½ tsp. dried thyme, crushed
½ tsp. salt
¼ tsp. pepper
2 Tbsp. margarine or butter
1 12-oz. can (1½ cups) evaporated skim milk
4 tsp. cornstarch
¼ cup dry white wine

In a large skillet cook mushrooms, onion, garlic, thyme, salt, and pepper in hot margarine or butter till tender.

Stir together milk and cornstarch; stir into skillet. Cook and stir till thickened and bubbly. Add wine; cook and stir for 2 minutes more. Use *1 cup* as a sauce for Roast Pork with Thyme-Mushroom Sauce and remaining *1⅔ cups* to toss with Creamy Mostaccioli with Snap Peas. Cover and chill the leftover sauce for up to 3 days. Makes about 2⅔ cups.

Nutrition facts per ¼-cup serving: 48 cal., 2 g total fat (0 g sat. fat), 1 mg chol., 172 mg sodium, 5 g carbo., 0 g fiber, 3 g pro. Daily Value: 3% vit. A, 0% vit. C, 6% calcium, 0% iron.

CREAMY MOSTACCIOLI WITH SNAP PEAS

Whip up this pasta main dish in just 15 minutes using leftovers from Roast Pork with Thyme-Mushroom Sauce.

8 oz. mostaccioli or corkscrew macaroni
2 cups fresh sugar snap peas, halved crosswise
8 oz. cooked pork (if using leftovers from Roast Pork with Thyme-Mushroom Sauce, use the reserved portion of the pork roast, see recipe, left)
1⅔ cups Thyme-Mushroom Sauce (see recipe, left)
1 large tomato, seeded and chopped
Shredded smoked mozzarella or Parmesan cheese (optional)

In a Dutch oven or large saucepan cook pasta in boiling salted water according to package directions. Add peas the last 2 minutes of cooking. Drain.

Meanwhile, cut pork into matchstick-size strips. In a medium saucepan heat Thyme-Mushroom Sauce, adding water if the sauce seems too thick. Add meat; heat through. Gently stir in tomato. Remove from heat.

To serve, turn pasta mixture into a serving bowl; top pasta and snap peas with mushroom sauce. If desired, sprinkle with cheese. Makes 4 main-dish servings.

Nutrition facts per serving: 476 cal., 11 g total fat (3 g sat. fat), 40 mg chol., 456 mg sodium, 63 g carbo., 3 g fiber, 28 g pro. Daily Value: 16% vit. A, 89% vit. C, 23% calcium, and 34% iron.

continued on page 198



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BH294

Save-Your-Day Recipes

continued from page 197

SKIP-THE-STRESS DINNER

You'll feel like a guest at your own dinner party because so much of this menu can be made ahead. The night before, marinate the steak, shake together the salad dressing, prepare the salad greens, precook the vegetables, and freeze the ice. Before dinner, grill the meat and vegetables and toss the salad.

CITRUS-MARINATED FLANK STEAK

Scoring and marinating flank steak makes it tender and tasty.

- 1 1- to 1½-lb. beef flank steak, cut about ¾ inch thick
- 1 cup Citrus-Spice Marinade (see recipe, page 200)
- 1 medium orange, sliced
- Crushed peppercorns

Score meat on both sides by mak ing diagonal cuts at 1-inch interva on surface. Place in a plastic bag s in a shallow dish; add marinade an orange slices. Seal bag; turn to coa Marinate in the refrigerator for 6 t 24 hours, turning bag occasionally.

Remove steak from bag, reservin marinade. Grill on an uncovere grill directly over *medium* coals t desired doneness, allowing 18 to 2 minutes for medium. Turn an brush with the reserved marinac halfway through the grilling time.

To serve, slice meat diagonall across grain into thin slice Sprinkle with pepper. Serves 4 to 6

Nutrition facts per serving: 224 cal 12 g total fat (4 g sat. fat), 53 m chol., 161 mg sodium, 7 g carbo., g fiber, 22 g pro. Daily Value: 1 vit. A, 54% vit. C, 2% calcium, an 16% iron.



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RECIPE SECRETS® GOLDEN LEMON CHICKEN

- 4 boneless skinless chicken breast halves (about 1 lb.)
- 1 egg, beaten
- All-purpose flour
- 3 tablespoons butter or margarine
- 1 envelope Lipton Recipe Secrets Golden Herb with Lemon Soup Mix
- 1 cup water
- 4 lemon slices (optional)
- Hot cooked rice

Dip chicken in egg, then flour. In 12" skillet, brown chicken in butter. Add soup mix blended with water; place lemon on chicken. Bring to boil; simmer covered 10 minutes or until chicken is done. Serve over rice. Makes about 4 servings.

pton® Recipe Secrets® Golden Herb with Lemon. The Secret Worth Passing Around.

GRILLED SPRING VEGETABLES

Serve on time and on dishes. Grill a side dish of tender, colorful vegetables using this handy chart.

- 1 to 1½ Tbsp. snipped fresh cilantro or parsley
- ⅓ cup Citrus-Spice Marinade (see recipe, page 200)
- 1 to 1½ lb. fresh vegetables, such as sweet onions, sweet peppers, eggplant, baby carrots, fennel, zucchini or crookneck squash, leeks, or new potatoes

Stir cilantro or parsley into Citrus-Spice Marinade. Prepare and grill vegetables according to the chart at right, brushing occasionally with the marinade. (If the vegetables are smaller than the grill rack, you may need to thread them onto metal skewers.) Season the vegetables with salt and pepper. Makes 4 to 6 side-dish servings.

TIMINGS FOR GRILLED VEGETABLES

VEGETABLE	PREPARATION	PRECOOKING TIME	GRILLING TIME
Baby carrots	Cut off carrot tops. Wash and peel.	3 to 5 minutes	3 to 5 minutes
Eggplant	Cut off top and blossom ends. Cut crosswise into 1-inch-thick slices.	Do not precook.	8 minutes
Fennel	Snip off feathery leaves. Cut off stems. After precooking, cut into 6 to 8 wedges.	Precook whole bulbs for 10 minutes.	8 minutes
Leeks	Cut off green tops; trim bulb roots and remove 1 or 2 layers of white skin. After precooking, halve lengthwise.	10 minutes or till tender	5 minutes
New potatoes	Halve potatoes.	10 minutes or till almost tender	10 to 12 minutes
Sweet onions	Peel and halve.	Do not precook.	8 to 10 minutes
Sweet peppers	Remove stem. Quarter peppers. Remove seeds and membranes. Cut peppers into 1-inch-wide strips.	Do not precook.	8 to 10 minutes
Zucchini or yellow squash	Cut off ends. Quarter lengthwise into long strips.	Do not precook.	5 to 6 minutes

continued on page 200

Why it takes legwork to flatten your stomach.

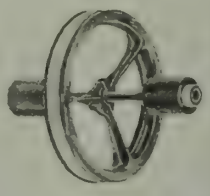


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Save-Your-Day Recipes

continued from page 199

Nutrition facts per serving: 66 cal., 3 g total fat (0 g sat fat), 0 mg chol., 82 mg sodium, 10 g carbo., 2 g fiber, 2 g pro. Daily Value: 52% vit. A, 61% vit. C, 3% calcium, 7% iron.

SPICED GREENS WITH FETA AND WALNUTS

For a speedier salad, buy a package of torn mixed greens rather than preparing the greens yourself.

- ⅔ cup Citrus-Spice Marinade (see recipe, below)
- ⅓ cup salad oil
- 2 to 3 tsp. sugar
- ½ tsp. ground cinnamon
- 6 cups torn mixed greens
- ½ cup crumbled feta or blue cheese
- ⅓ cup toasted broken walnuts

For dressing, in a screw-top jar combine marinade, salad oil, sugar, and cinnamon; cover and shake well to mix. Chill till serving time.

Before serving, in a salad bowl toss together greens, cheese, and walnuts. Shake dressing to mix; add to salad. Toss gently to coat. Makes 4 to 6 servings.

Nutrition facts per serving: 229 cal., 19 g total fat (6 g sat. fat), 28 mg chol., 401 mg sodium, 10 g carbo., 2 g fiber, 7 g pro. Daily Value: 20% vit. A, 35% vit. C, 19% calcium, 12% iron.

CITRUS-SPICE MARINADE

This sauce does triple duty—as a marinade for Citrus-Marinated Flank Steak, as a brush-on for Grilled Spring Vegetables, and as part of the salad dressing for Spiced Greens with Feta and Walnuts.

- 1 cup orange juice
- ⅓ cup lemon juice
- ¼ cup cooking oil
- 3 Tbsp. Worcestershire sauce
- 3 cloves garlic, minced
- 1 tsp. ground cumin
- ¾ tsp. onion powder
- ½ tsp. salt
- ½ tsp. pepper

In a screw-top jar combine orange juice, lemon juice, cooking oil, Worcestershire sauce, garlic, cumin, onion powder, salt, and pepper. Cover and shake well to mix. Use as directed in Citrus-Marinated Flank Steak, Grilled Spring Vegetables, and Spiced Greens with Feta and Walnuts. Makes about 2 cups.

RHUBARB-STRAWBERRY ICE

Instead of freezing the ice in a pan, you can transfer the rhubarb mixture to a 1- or 2-quart ice-cream freezer and freeze as the manufacturer directs.

- 4 cups cut-up fresh rhubarb or one 16-oz. pkg. frozen unsweetened sliced rhubarb, slightly thawed
- 1¼ cups cranberry juice cocktail or unsweetened cherry juice
- 1 cup sugar
- 2 cups sliced fresh strawberries
- Champagne or ginger ale (optional)

In a medium saucepan stir together rhubarb, *½ cup* of the juice, and sugar. Bring to boiling; reduce heat. Cover and simmer for 5 to 8 minutes or till rhubarb is tender and sugar is dissolved. Remove from heat. Add remaining ¾ cup juice and berries. Cool to room temperature.

In a blender container or food processor bowl cover and blend or process rhubarb mixture, half at a time, till smooth. Transfer the mixture to a 9x9x2-inch nonmetal freezer container. Cover and freeze for 4 to 5 hours or till almost firm. Chill a large bowl in the refrigerator or freezer.

Break frozen mixture into small chunks. In the chilled bowl beat chunks with an electric mixer on medium speed till smooth but not melted. Return mixture to freezer container. Cover; freeze for at least 6 hours or till firm.

To serve, use a small ice cream scoop or melon baller to scrape the surface of ice and shape into balls. Spoon 4 or 5 small scoops of the ice into dessert dishes. If desired, pour champagne or ginger ale around ice; garnish with fresh mint. Serve immediately. Makes about 2 quarts (12 servings).

Nutrition facts per serving: 91 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 3 mg sodium, 23 g carbo., 1 g fiber, 1 g pro. Daily Value: 0% vit. A, 44% vit. C, 3% calcium, 1% iron.

LEMON CURD PASTRY WITH MIXED BERRIES

Lemon curd is a tangy-sweet English spread. Look for a bottled version in the jam or specialty foods section of the supermarket or a gourmet food shop. You can substitute lemon pudding, although the flavor will be milder.

- ½ of a 17¼-oz. pkg. (1 sheet) frozen puff pastry
- 1 slightly beaten egg white
- 1 tsp. water
- Coarse sugar or granulated sugar
- ⅔ cup lemon curd (at room temperature)
- ⅔ cup dairy sour cream
- ¼ tsp. ground ginger

continued on page 202

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Save-Your-Day Recipes

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1 to 2 drops almond extract
3 cups desired fresh berries, such as raspberries, blackberries, blueberries, and/or quartered strawberries
¼ cup toasted sliced almonds
2 Tbsp. honey
Powdered sugar (optional)

Let folded pastry thaw at room temperature for 20 minutes. On a lightly floured surface, unfold pastry and roll into a 15x10-inch rectangle. Cut from edges of rectangle 2 lengthwise ¾-inch-wide strips and 2 crosswise ¾-inch-wide strips. Set aside the 4 pastry strips.

Place the pastry rectangle on an ungreased baking sheet. Combine egg white and water; brush onto the rectangle. Place the 4 pastry strips atop edges of rectangle, trimming to fit (see photograph, above). Brush strips with egg white mixture; sprinkle with coarse sugar. Prick the bottom of the pastry several times with the tines of a fork.



Place the 4 pastry strips atop edges of the rectangle, trimming to fit.

Bake in a 375° oven for 20 to 25 minutes or till light brown. Remove from oven. Cool on a wire rack.

For filling, in a medium bowl stir curd till smooth. Stir together sour cream, ginger, and almond extract; fold into lemon curd.

Spread filling atop cooled pastry. Cover and chill till serving time, up to 4 hours.

Before serving, top with desired berries and sliced almonds. Drizzle with honey. Sprinkle with powdered sugar. Makes 8 servings.

Nutrition facts per serving: 379 cal., 23 g total fat (5 g sat. fat), 67 mg chol., 208 mg sodium, 41 g carbo., 4 g fiber, 6 g pro. Daily Value: 14% vit. A, 25% vit. C, 5% calcium, and 4% iron.

TIRAMISU CAKE

Tiramisu (tee rah MEE su), meaning pick me up, is a trifle-like dessert from the Tuscan region of Italy.

1 8-oz. container mascarpone* cheese or one 8-oz. pkg. cream cheese, softened
½ cup sifted powdered sugar

3 Tbsp. coffee liqueur
2 cups whipping cream
¼ cup sifted powdered sugar
2 Tbsp. coffee liqueur
1 8- to 10-inch round angel food cake
¾ cup strong black coffee
¼ cup coffee liqueur
1 recipe Mocha Fudge Sauce (optional) (see recipe, right)

Chill a medium bowl and beaters of an electric mixer.

For filling, in a large bowl combine mascarpone or cream cheese, the ½ cup powdered sugar, and the 3 tablespoons liqueur; beat with an electric mixer on medium speed till blended and smooth.

In the chilled bowl combine whipping cream, the ¼ cup powdered sugar, and the 2 tablespoons liqueur; beat till stiff peaks form. Fold ½ cup of the whipped cream mixture into mascarpone mixture.

Use a serrated knife to cut angel food cake horizontally into 3 layers. Place 1 cake layer on a serving platter. With a long-tined fork or skewers, poke holes in tops of layers (see photograph, below). In a small bowl combine coffee and the ¼ cup liqueur; drizzle over each layer. Spread the first layer with half of the mascarpone filling. Add a second layer and remaining filling. Add third cake layer. Frost with remaining whipped mixture. If desired, cover and chill for up to 2 hours.



With long-tined fork or skewers, poke holes in the top of each cake layer.

Before serving, if desired, drizzle top and sides with Mocha Fudge Sauce. Slice into wedges to serve. If desired, drizzle fudge sauce onto dessert plates before adding cake slices. Makes 16 servings.

**Note:* Mascarpone is a rich Italian cream cheese often served with fruit for dessert. You can buy it at the cheese counter in your supermarket.

Mocha Fudge Sauce: In a small saucepan heat ¼ cup fudge ice-cream topping just till warm. Stir in coffee liqueur (1 to 2 tablespoons) to make of drizzling consistency.

Nutrition facts per serving: 354 cal., 19 g fat (11 g sat. fat), 59 mg chol., 170 mg sodium, 40 g carbo., 0 g fiber, 8 g pro. Daily Value: 13% vit. A, 0% vit. C, 5% calcium, 3% iron.

continued on page 204

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THERE'S SOMETHING ABOUT A TRAIN THAT'S MAGI

Save-Your-Day Recipes

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MAY FLOWER COOKIES

A roll of refrigerated sugar cookie dough grows into a garden of fanciful spring blossoms, fun for kids to make and take to school.

- 1 20-oz. roll refrigerated sugar cookie dough
- ½ cup almond paste
- Food coloring
- Colored sugars, coarse sugar, or edible glitter

Divide sugar cookie dough among 4 small mixing bowls. Add 2 tablespoons almond paste and desired food coloring to each bowl of cookie dough.

Using clean beaters for each dough, beat with a handheld electric mixer on medium speed till color is well mixed. Break off small pieces of different colors of dough and shape them into the following kinds of flowers, or create your own flower shapes.

For daisy- or pansy-style flowers, shape colored dough into ¼- to ½-inch balls. Use the balls for the flower centers and petals. Or, flatten the balls to make petals. If desired, overlap the petals around the center (see photograph, right).

For tulips, roll colored dough into 2½-inch-long logs. Place 5 logs side by side; pinch the logs together at one end to make the flower stem base. Curl out the tips at the other end to make opening petals (see photograph, right).

If desired, sprinkle the flowers with colored sugars, coarse sugar, or edible glitter. Place flowers 2 inches apart on ungreased cookie sheets. For 2½- to 3-inch cookies, bake in a 375° oven for 8 to 10 minutes or till the edges are light brown. Carefully transfer cookies to a wire rack to cool. Makes about 24 (2½- to 3-inch) cookies.



For daisy- or pansy-style flowers, shape dough into ¼- to ½-inch balls. Flatten the balls to make petals. If desired, overlap petals. Place 1 ball in the center.

Nutrition facts per cookie: 133 cal., 6 g total fat (1 g sat. fat), 7 mg chol., 99 mg sodium, 18 g carbo., 0 g fiber, 2 g pro. Daily Value: 0% vit. A, 0% vit. C, 2% calcium, 3% iron. ♦

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THIS MONTH'S WINNERS—pages 209 and 210

All winners received RUBBERMAID serving ware.

$200 Winners: Margaret L. Goodman, New York, N.Y. Maria Manning, Yuma, Ariz.

$100 Winners: Judy Acheson, Calico Rock, Ark. Kristina Karkkainen, Holland, Mich.

Honor Roll Winners: Moira Al-Mact, Chesterfield, Mo.; Kathleen Carbone, Pine Bush, N.Y.; Judy Shipley, Ogden, Utah; Lorraine Odendahl, St. Cloud, Minn.; Elizabeth Peters, Troy, Mich.; Jodie Tomlinson, Seattle, Wash.

HINTS FOR THIS MONTH'S CATEGORIES

Favorite Holiday Cakes: Does your family beg you to bring your special cake to holiday gatherings? Maybe it is the satiny-smooth frosting they crave. Or, is the cake moist and tender? Send us the recipe. You may win!

Wintertime Beverages: When the icy winds blow, what satisfying drink warms you up? Do you serve a festive punch at a Christmas open house? Maybe it's a coffee drink? Or does it start with fruit juice? Any hot or cold drink appropriate for the winter months qualifies.

CONTEST RULES: 1. Contest is open to U.S. residents, except Meredith Corp. employees, its affiliates, subsidiaries, and families. 2. With each entry, clearly print or type your name, address, and recipe marked "December Favorite Holiday Cakes" or "December Wintertime Beverages." Specify brands and recipe origin. 3. Address recipes to 9412 Food Department, Better Homes and Gardens, Des Moines, IA 50309-3023. 4. Postmark all entries by May 31, 1994. 5. Winners will be selected about 60 days later, then notified by mail six months later. 6. Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown name for editorial and promotional purposes.



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nutrition information

EVERY RECIPE ANALYZED

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrate, fiber, and protein will help you keep tabs on what you eat. The levels of vitamin A, vitamin C, calcium, and iron are noted in percentages of the Daily Value. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

HOW WE ANALYZE

We omit optional ingredients from the analysis.

The analysis is calculated using two-percent milk.

We use the first serving size when a range is given.

When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned. The order does not mean we prefer one ingredient over the other.

WHAT YOU NEED

The dietary guidelines below suggest the levels of nutrients that moderately active adults should strive for each day:

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

There's no real harm in going over or under these recommended guidelines in any single day, but it is a good idea to aim for a balanced diet over time for good health.

the clever cook



Each month in this column, you'll find nifty kitchen tips from good cooks, all endorsed by the Better Homes and Gardens® Test Kitchen. Try a few of these smart ideas to make your cooking easier and more fun.

INSTANT TOMATO POWDER

I cook with ground dried tomatoes, just as many people use bouillon granules. They make a quick tomato puree or tomato bouillon, and flavor my stews, gravies, soups, or rarebits. Just grind some dried tomatoes in a food processor or blender. Store them in a cool, dark place.

A. Carman Clark, *Union, Maine*

FIX UP A FROSTING

Canned frosting tastes more like homemade when you add a little sour cream. Spoon some frosting into a saucepan and stir in some dairy sour cream. Heat just until smooth and spreadable, then spread it onto your favorite cake.

Branden Ciccarelli, *Fullerton, Calif.*

NO STICKY FINGERS

When kneading yeast dough, I always spray my hands with a little nonstick cooking spray. It contains no cholesterol or sodium, has fewer calories than butter, and keeps the dough from sticking to my hands.

Maria Lana Weaver, *Sunset, Utah*

TAKE A DIP

After a party, I'm often left with cut-up fresh vegetables and dip. The vegetables make an easy stir-fry the next night. To use up the dip, I spoon it over baked potatoes or mix it into mashed potatoes for creamy, rich flavor.

Mrs. Joseph Goodwin, *Riverhead, N.Y.*

ARE YOU A CLEVER COOK?

The editors of *Better Homes and Gardens®* magazine invite you to send us your niftiest kitchen tips. We will pay $25 for each tip we publish. Please send your tips to: The Clever Cook, BH&G Food Dept., 1716 Locust Street, Des Moines, IA 50309-3023.

Wilder RICE

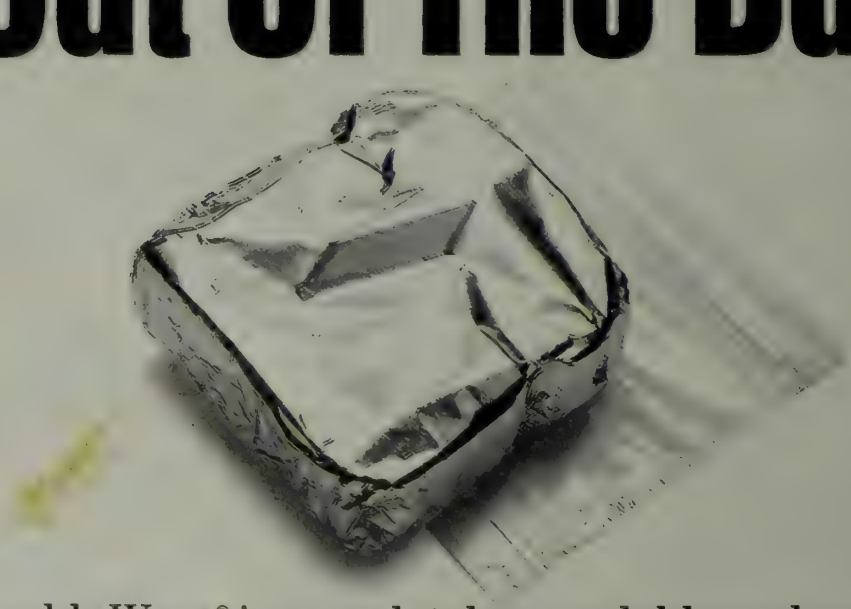
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PRIZE TESTED RECIPES®

see page 205 for details

$200 WINNER

Margaret Goodman, New York, N.Y., in the Favorite Main-Dish Salads category.
May 1994



Paella Salad

This seafood and sausage salad is patterned after paella (pah AY yuh), a Spanish favorite.

- 12 oz. fresh or frozen shrimp in shells
- ½ tsp. salt
- 1 6-oz. pkg. long grain and wild rice mix
- 1 cup frozen peas, thawed and drained
- 4 oz. fully cooked smoked sausage, sliced into bite-size pieces
- 1 2-oz. jar sliced pimiento, drained
- 1 0.75-oz. envelope garlic and herbs dry salad dressing mix
- 1 6-oz. can crabmeat, drained, cartilage removed, and broken into chunks
- Lettuce leaves (optional)
- Tomato slices (optional)

Thaw shrimp, if frozen. Peel and devein. In a large saucepan, bring 3 cups *water* and the salt to a boil. Add shrimp. Simmer, uncovered, for 1 to 3 minutes or till shrimp turn pink, stirring occasionally. Drain. Rinse the shrimp under cold running water to cool. Drain and set aside.

Meanwhile, prepare rice mix in a medium saucepan according to package directions. Set rice aside to cool.

In a large bowl, combine the cooked shrimp, cooled rice, thawed peas, sausage, and pimiento. Mix well. Prepare dressing according to package directions. Pour *half* of the dressing (about ½ cup) over salad mixture; toss to coat. (Use remaining dressing for another meal.) Add crabmeat to salad and toss gently. Cover and chill thoroughly. To serve, if desired, line 6 dinner plates with lettuce leaves. Spoon rice mixture atop lettuce and garnish with sliced tomatoes, if desired. Makes 6 main-dish servings.

Nutrition facts per serving: 371 cal., 21 g total fat (4 g sat. fat), 104 mg chol., 1,189 mg

PRIZE TESTED RECIPES®

see page 205 for details

$200 WINNER

Maria Manning, Yuma, Ariz., in the Coconut Desserts category.
May 1994



Coconut Macaroon Cheesecake

When baked, the topping on this cheesecake tastes like a light meringue cookie.

- 1 cup flaked coconut, toasted
- ½ cup ground pecans
- 2 Tbsp. margarine or butter, melted
- 3 8-oz. pkg. cream cheese, softened
- ½ cup sugar
- ½ tsp. vanilla
- ¼ tsp. almond extract
- 3 eggs
- 1 egg white
- ½ tsp. vanilla
- ⅓ cup sugar
- ⅔ cup flaked coconut, toasted

In a small bowl combine the 1 cup toasted coconut, ground pecans, and melted margarine or butter. Press into the bottom of a 9-inch springform pan. Set aside.

In a large mixer bowl beat cream cheese with an electric mixer on low speed; gradually add the ⅓ cup sugar, first ½ teaspoon vanilla, and almond extract. Beat till fluffy. Add the 3 whole eggs; beat on low speed just till combined. Pour into crust-lined pan. Bake in a 350° oven for 35 minutes. (Cheesecake will not be completely done at this point.)

Meanwhile, in a small mixing bowl beat egg white and remaining vanilla with an electric mixer till soft peaks form (tips curl); gradually beat in the ⅓ cup sugar till stiff peaks form. Fold in the ⅔ cup toasted coconut. Carefully spread atop partially baked cheesecake. Return to oven and bake 20 minutes more. Cool on wire rack for 15 minutes. Loosen sides of cheesecake from pan. Cool 30 minutes more; remove sides of pan. Cool completely. Cover and chill at least 4 hours before serving. To serve, garnish with strawberries and additional toasted coconut, if desired. Makes 12 to 16 servings.

Nutrition facts per serving: 374 cal., 30 g total fat (14 g sat. fat), 121 mg chol., 230 mg sodium, 21 g carbo., 0 g fiber, 7 g pro. Daily Value: 28% vit. A, 0% vit. C, 4% calcium.

PRIZE TESTED RECIPES®

$100 WINNER

Kristina Karkkainen Halsted, Mich., in the Custom Desserts category.
May 1994



Piña Colada Sherbet

Kristina captured the wonderful flavor of a tropical cocktail in this refreshing sherbet.

- 1 15- or 16-oz. can cream of coconut
- 1 15¼-oz. can crushed pineapple
- 1 cup orange juice
- ¼ cup light rum

In a blender container or food processor bowl combine cream of coconut, *undrained* pineapple, orange juice, and rum. (If using a food processor, process only half of the ingredients at a time.) Cover; blend or process till nearly smooth. Pour into a 9x5x3-inch loaf dish or a 13x9x2-inch baking dish. Cover; freeze several hours or till firm. Break sherbet into pieces. Place sherbet, half at a time, in a blender container or food processor bowl. Cover; blend or process till fluffy. (Or, if desired, place in a chilled bowl and beat with an electric mixer till fluffy.) Return pineapple mixture to pan. Cover and freeze at least 4 hours or till firm. Makes 5 cups.

Nutrition facts per ⅓-cup serving: 245 cal., 19 g total fat (5 g sat. fat), 0 mg chol., 10 mg sodium, 15 g carbo., 0 g fiber, 0 g pro. Daily Value: 1% vit. A, 33% vit. C.



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$100 WINNER

Judy Acheson, Calico Rock, Ark., in the Favorite Main-Dish Salads category.
May 1994



Almond Chicken Pasta Salad

The ginger, honey, and lime dressing gives this pasta salad the winning edge.

- 4 cups cooked, cubed chicken
- 2 medium apples, cored and coarsely chopped (2 cups)
- 8 oz. corkscrew or bow tie pasta, cooked and drained
- 1 8½-oz. can pineapple chunks, drained
- ½ cup halved seedless grapes
- ⅓ cup bias-sliced celery (about 1 stalk)
- ¼ cup thinly sliced green onion
- ¾ cup mayonnaise or salad dressing
- ⅓ cup low-fat plain yogurt
- 1 Tbsp. sesame seed
- 1 tsp. finely shredded lime peel
- 3 Tbsp. lime juice
- 1 Tbsp. honey
- 2 tsp. grated fresh gingerroot
- ¼ tsp. salt
- Lettuce leaves (optional)
- ½ cup toasted sliced almonds
- Lime slices (optional)
- Avocado slices (optional)
- Diced red sweet pepper (optional)

In a large bowl toss together the cooked chicken, apples, cooked pasta, pineapple, grapes, celery, and onion. For dressing, in a small bowl combine the mayonnaise or salad dressing, yogurt, sesame seed, lime peel, lime juice, honey, gingerroot, and salt. Pour over the pasta mixture; toss gently to combine. Cover and chill. To serve, if necessary, add several tablespoons of milk to moisten. Toss gently. Serve on lettuce-lined plates. Top with almonds. If desired, garnish with lime slices, avocado, and red sweet pepper. Makes 10 main-dish servings.

Nutrition facts per serving: 475 cal., 23 g total fat (4 g sat. fat), 66 mg chol., 262 mg sodium, 39 g carbo., 2 g fiber, 28 g pro. Daily Value: 3% vit. A, 12% vit. C, 5% calcium, 18% iron.



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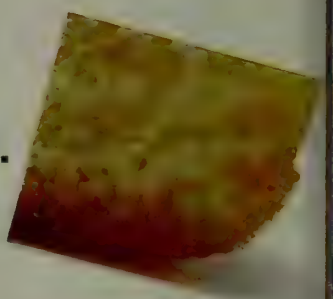
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ANDY LYONS

BH&G kids

by Barbara Hall Palar

Parents—Here's a new section to help you experience the many joys of being a parent. Each month you'll find activities for you and your children to do together, plus some easy projects for kids to do on their own. Look for "BH&G Kids" in every issue—and cherish this precious time of your life.

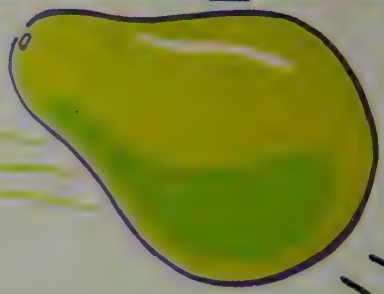
Kids—This section is for you too. We want you to have fun just being a kid. In this issue, you can color a card for Mom and find ideas for lots of things YOU can do to make Mother's Day special.

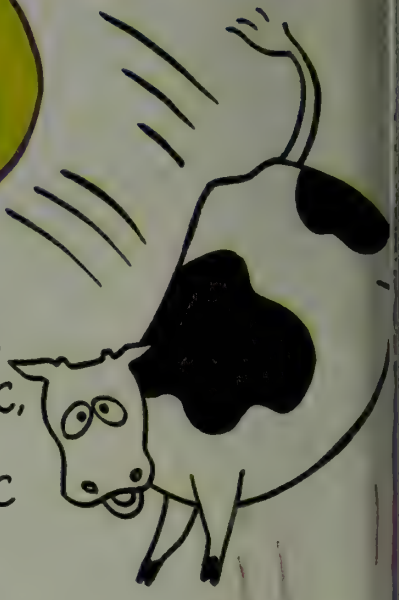
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A section for children and parents—to help families have fun together.

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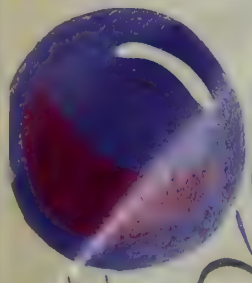
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BH&G kids

CUT ALONG DOTTED LINE

CUT ALONG DOTTED LINE



CUT ALONG DOTTED LINE

CUT ALONG DOTTED LINE

KIDS! Color a Card for Mom!

Mary Engelbreit, a famous artist, has created a special Mother's Day card for you to color for your Mom. Just cut it out on the red dotted line, color with crayons or markers, and glue it on a piece of colorful paper. Shhh! It's a surprise! Try to keep it a secret until Mother's Day, May 8.

BH&G kids



PAMELA BARKENTIN-BLACKBURN

Wake Mom with a treat—breakfast in bed with a few of her favorite companions. Ask Dad to buy or bake muffins for the occasion, or try this: Toast a piece of bread, then cut it into a fun shape with a cookie cutter. Spread it with margarine and sprinkle with cinnamon and sugar.

For more great Mother's Day ideas, send for a FREE copy of ***Mom and Me To Do's Activity Book.*** *Write to: Quilted Northern Comfort Book, Dept. BHG, 111 North Jefferson Street, Chicago, IL 60661.*



Make Her Day Special

BH&G Kids

Dad—Help the kids prepare a festive breakfast. For a berry special beverage, blend 1 cup frozen strawberries and 1/2 cup orange juice in a blender until smooth. Pour into a glass and plop a fresh strawberry on top. Serve with a kiss.

Kids—When Mom's finished with breakfast, run a warm bath for her, making sure all her favorite bath stuff is within reach. Then skedaddle for a while. (This would be a good time to clean up the kitchen.) For an extra special touch, ask your Dad to help you toss two fluffy towels into the dryer for a while to warm them up. Hand them to your Mom just as she's getting out of the tub.



Dad—Plan a picnic in the park. Fix sandwiches or pick up deli chicken. Take a kite or two and enjoy a sunny day.

Kids—Back rubs for Mom all day long. She'll love it.



ANDY LYONS

To order a BH&G KIDS sweatshirt, *see page 220.*

I'm not gonna ouch "No More!"

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- Sand and prime birdhouse with white paint (prime with black for the birdhouse at *right*).
- Paint as desired with acrylic craft paint. If you plan to use the birdhouse outside, a coat of clear acrylic spray paint over the finished piece will help keep colors from fading.
- When painting doodads (such as the cherries and leaves on the birdhouse at *right*), place several on a paper plate and paint all at once.
- To add detail, such as the flowers on the house *below*, allow paint to dry for one hour, then draw carefully with a colored permanent marking pen. To make the fence, *below*, cut ice-cream sticks or purchased craft sticks in half, then paint them. Glue to house. (Use epoxy if the birdhouse will be placed outside.)
- The leaves and bird on the yellow house at *right* were designed with stencils, which can be purchased at a crafts store. It's a good idea to practice painting with stencils on a separate piece of paper first, before painting on the birdhouse.





To order a birdhouse kit,
see *page 220.*

ANDY LYONS

This Gift is for the Birds

These birdhouses are so cute, your Mom will want to keep them inside! To make these colorful creations, start with an unfinished house and small unpainted wooden doodads or stencils (all can be purchased at a crafts store).



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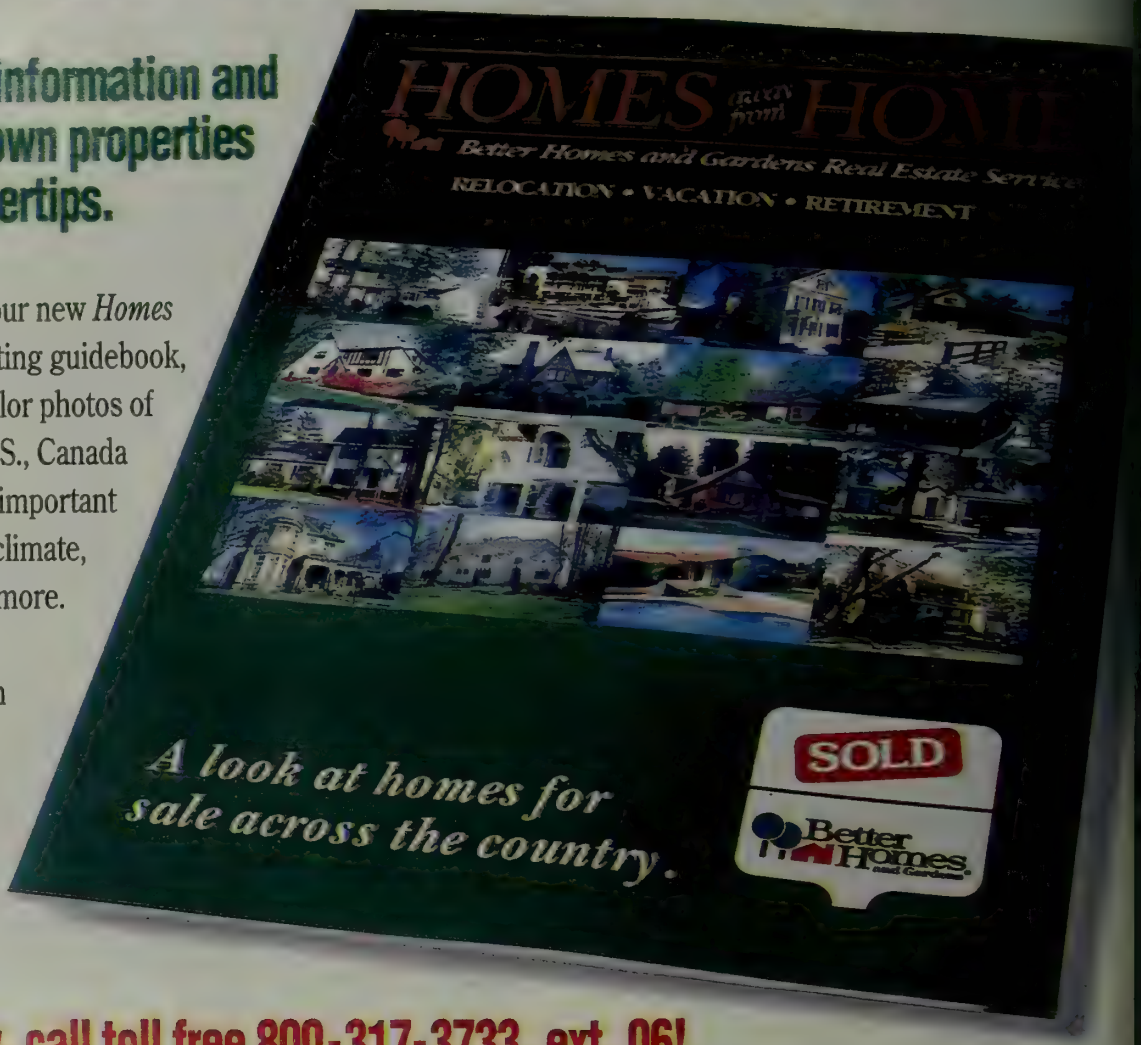
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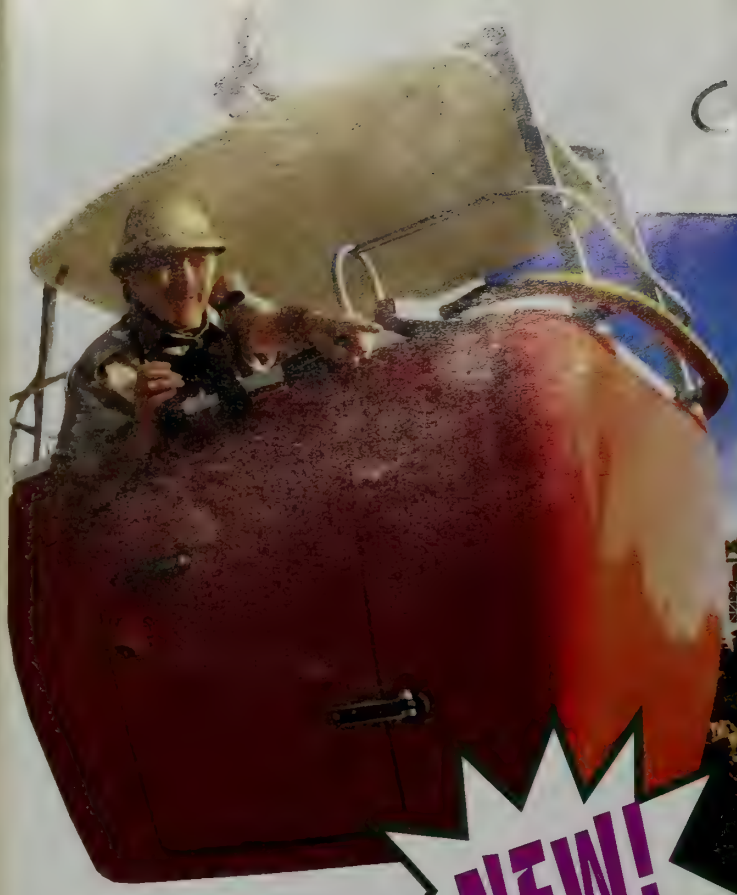
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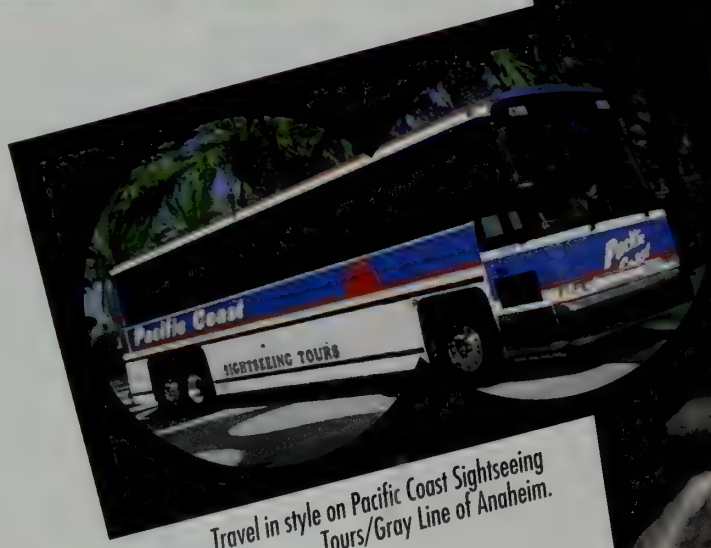
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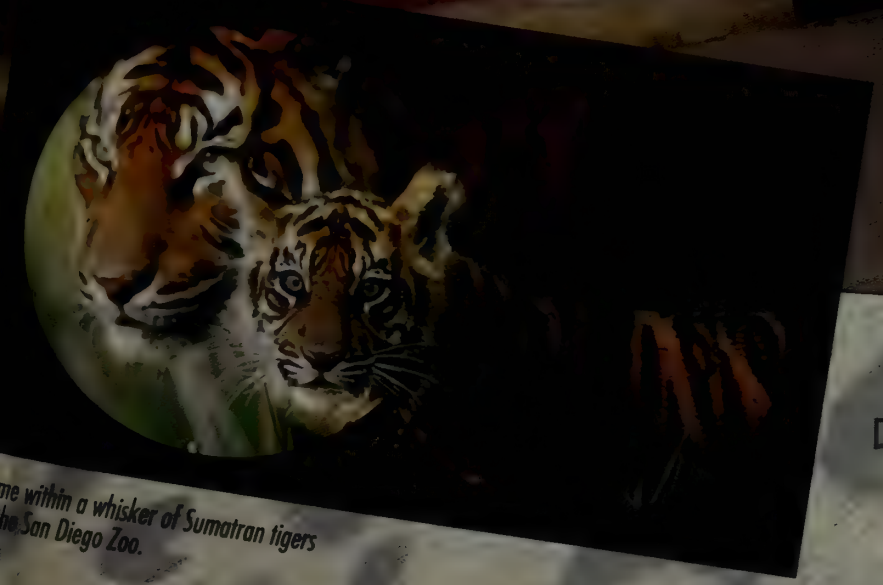


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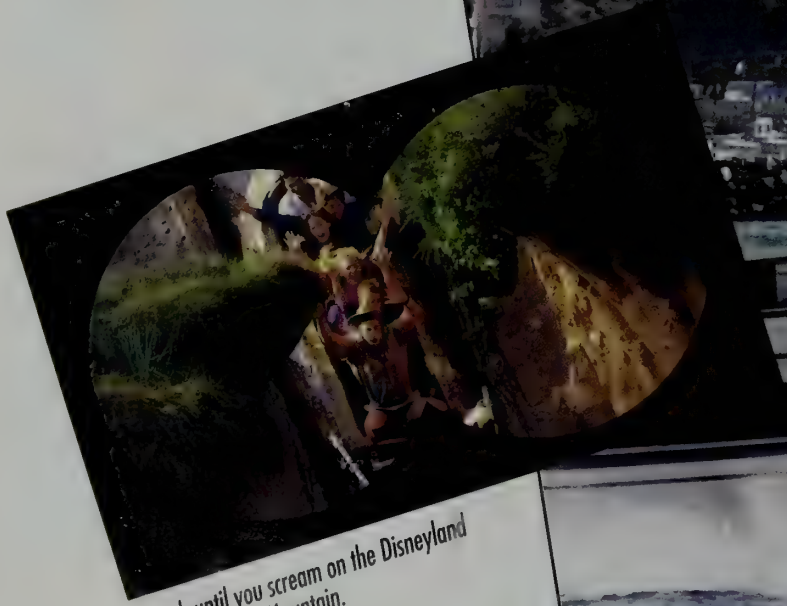
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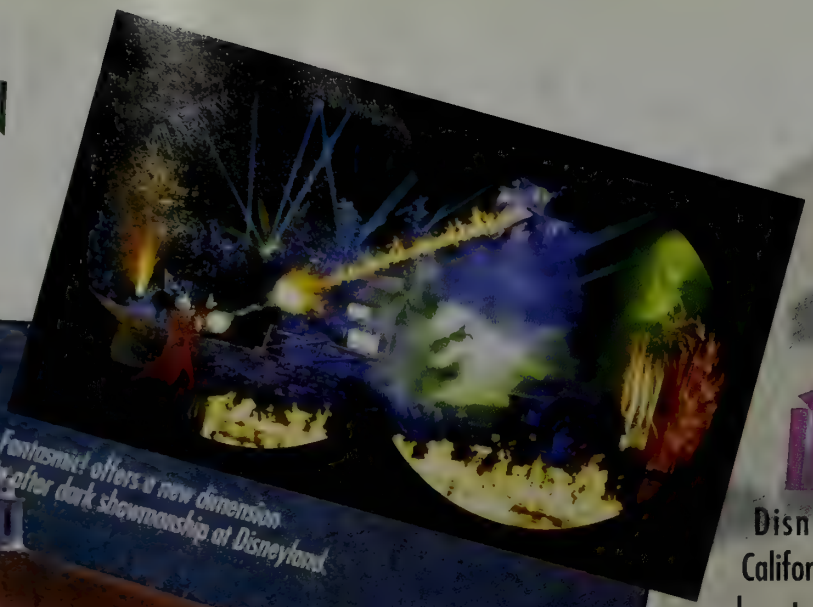




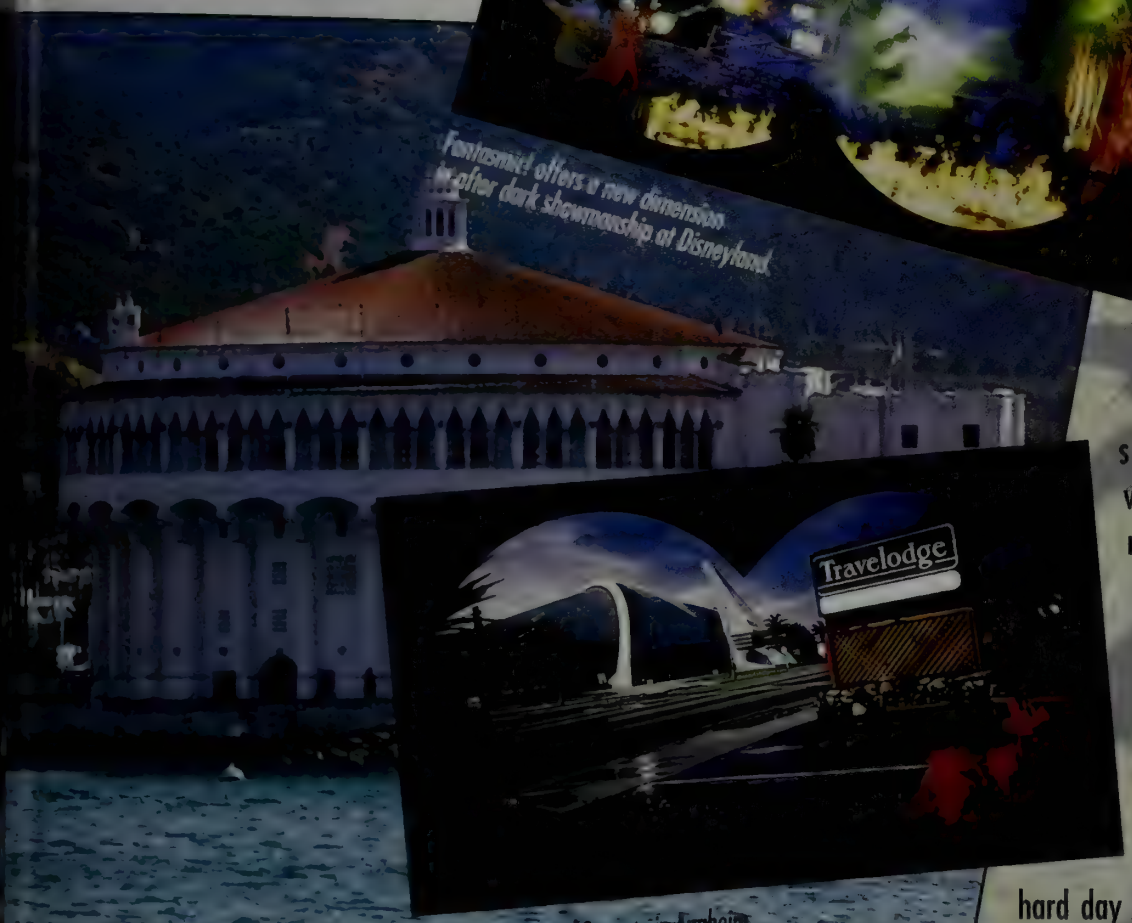
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Vacationing in L.A.

If your southern California vacation plans were shaken by January's earthquake, there's good news. Although parts of northern Los Angeles County suffered serious damage, the region's major tourist attractions were unaffected.

In the L.A. area, 99 percent of the hotels and motels are open, as are the area's airports and theme parks—Universal Studios Hollywood, Disneyland, Knott's Berry Farm, Six Flags Magic Mountain, and the Queen Mary Seaport.

All forms of public transportation are running normal schedules, but if you're planning on driving, especially in the northwest corner of the county, anticipate some delays and check on alternate routes before leaving home. Major highways with closed sections include the east-west Interstate 10 (Santa Monica Freeway) between La Cienega and Washington boulevards (scheduled to reopen in August); the southeast-northwest diagonal Interstate 5 (Golden State Freeway; some previously closed sections have already reopened); and portions of Highway 118 (Simi Valley Freeway). The junction of Interstate 5 and Highway 14 is temporarily closed.

For road-condition updates, call ***800/427-7623*** within California. Otherwise, contact Caltrans Information Service, ***213/628-7623.***

For current travel information, contact the ***Los Angeles CVB, 800/228-2452 or 213/624-7300.***

—by James R. McCrea

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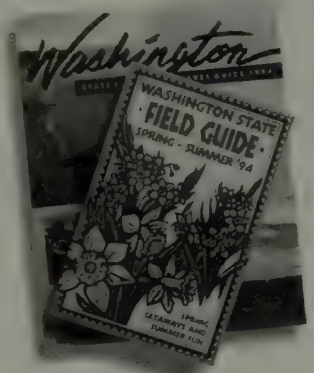
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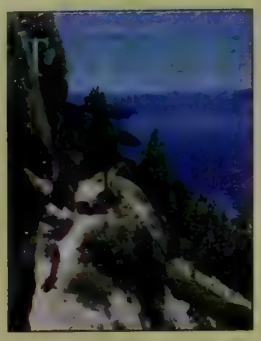


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continued from page M3

EXPLORING MOUNT SHASTA'S REALM

"Lonely as God and white as a winter's moon." That's how frontier poet Joaquin Miller described Mount Shasta in the 1880s. Nobody has yet improved on his portrait of Shasta's shining crown as it hovers over northern California, an icy island in the sky. Afloat in the blue, this monolithic peak towers 14,000 feet above the surrounding countryside. The dormant volcano is visible for more than 100 miles.

Our 150-mile tour of Shasta's domain begins at Redding, California, and ends at the Oregon border where you can link it to another wonderful drive in southern Oregon's Cascade Mountains.

Shasta vistas. Leaving Redding on I-5, turn off for Shasta Dam. This artificial waterfall has a cascade three times the height of Niagara. From the dam's observation deck, you see Shasta in all its grandeur, both right side up and upside down as it is mirrored on Shasta Lake.

After the highway soars over the boat-dappled expanse of the lake's Bridge Bay, turn off on Shasta Caverns Road. It takes you to an excursion ferry that crosses to a precipitous crag rising from the opposite shore. A bus squirms up hair-raising hairpins, depositing you 800 vertical feet higher at the caverns. Except for indirect lighting and walkways, this spectacular chain of caves has been left untouched.

Continue north on I-5, and exit at Castle Crags State Park, 48 miles north of Redding. A park road switchbacks up a ridge beneath jagged granite spires. At the top, you get a glorious view of Shasta. You are now 12 miles as the crow flies from its glaciers; sometimes you can even feel their icy breath.

At the small town of Mount Shasta, get on Everitt Memorial Drive. This 15-mile road winds up Shasta's flanks to the wilderness of granitic scree and boulder slopes at the mountain's midriff. If Shasta has brewed up afternoon clouds by the time you get there, so much the better. The mountain is at its most mysterious when vapors billow like a witch's brew around the peak, and frigid gusts burst from the heights.



Mount Shasta's grandeur towers over northern California.

Lava country. With Shasta now gleaming in your rearview mirror, you leave I-5 at Weed to turn northeast on US-97, hemmed in by enormous ancient lava flows. About 50 miles up, at Dorris, hang a right on Route 161 to the Tule Lake National Wildlife Refuge, which harbors thousands of ducks and geese on their fall migrations. In winter, 600–800 bald eagles appear.

A dirt road takes you through the refuge to the Lava Beds National Monument. Several of the nearly 300 known lava caves are easily accessible. You sign out a flashlight at park headquarters and scout the caves on your own. You can't get lost in these chocolate-fudge tubes of congealed lava, some so low you have to waddle.

Lodgings in all price ranges are amply available along I-5. For a choice of accommodations near the Lava Beds, go to Klamath Falls, 25 miles across the Oregon line. ⌂

Shasta-Cascade Wonderland, 14250 Holiday Rd., Dept. BHG, Redding, CA 96003; 800/326-6944.

—by George S. Bush

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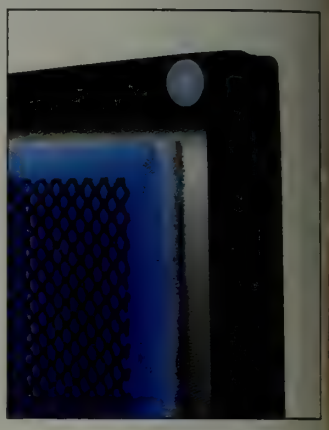
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New Air Filters





Pleated filter fabrics (*above*) and electrostatic filters (*top*) trap far more dust, pollen, and other particles than ordinary fiberglass filters.

In the past, your choice of furnace and air-conditioning filters was quite limited. You could opt for either the 50-cent disposable filter or the $500 electronic varieties.

Now, however, you can get a filter in the $10 to $30 range that captures 95 percent of the dust, dander, pollen, and other particles that loft through your house. Of these new air filters, there are two types to shop for—pleated and electrostatic.

Electrostatic filters. When air passes through the fabric of these types of filters it creates a small electrostatic charge. This charge acts like a magnet and traps small particles. Self-charging electrostatic filters need no electricity to operate.

Simply slide them in the slot where your regular filter fits. To clean, remove the filter and backwash it with a hose or shower. Cleaning is recommended about every 30 days.

These filters generally last three to five years. Prices for them range from $30 to $50.

Pleated filters. Pleated filters are disposable, but they trap up to 95 percent of airborne particles. Their pleated contours and a fine mesh fabric expand the total surface area used for filtering and help trap particles as small as five microns (about one-hundreth the size of the head of a pin). Some pleated filters also carry an electrostatic charge. Pleated filters cost from $6 to $20 and usually last up to three months.

Plenty of benefits. Cutting back on indoor air particles brings relief for many allergy sufferers. Better air filtration will also reduce the amount of dusting you do in your home.

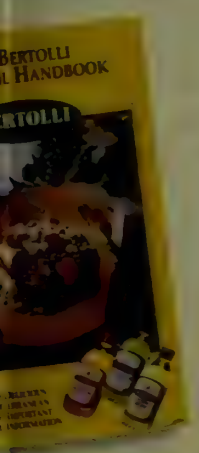
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Penne d'Allessandria

6 red bell peppers, quartered, seeds and stems discarded
6 Tbsp. Bertolli Extra Virgin Olive Oil
Salt and freshly ground black pepper
1 lb. large white mushrooms, sliced
1/2 cup packed Italian parsley leaves
1 Tbsp. fresh oregano leaves
1 Tbsp. fresh thyme leaves, stripped from stems
2 garlic cloves, coarsely chopped
1 lb. Italian sausage, sliced (removed from casings)
1 lb. penne or other tubular pasta shape
1/4 cup reserved pasta cooking liquid
Grated Parmigiano-Reggiano, to taste

1. Heat oven to 450°F. Cut pepper quarters into 1/2" thick diagonal pieces. Place in 13x9" baking dish. Drizzle with 3 Tbsp. of olive oil, salt, pepper to taste. Bake until peppers are charred on edges and tender, stirring occasionally, 30-40 min. Remove from oven.

2. Finely chop parsley, oregano, thyme, garlic together, set aside. Heat 3 Tbsp. of oil in large non-stick skillet. Add mushrooms, cook, stirring, over medium high heat until mushrooms are tender and golden brown. Add chopped herb and garlic mixture, saute, stirring, 2 min. Sprinkle with salt, pepper, transfer to side dish. Wipe out skillet.

3. Place sausage into skillet, cook, stirring, over medium high heat, until sausage is browned. Transfer to strainer, drain. To baking dish with roasted peppers, add mushroom mixture and sausage. Cover with foil. Keep warm in oven, set at lowest temperature.

4. Boil large pot of water. Stir in penne, salt, to taste. Cook, stirring frequently, over high heat, until pasta is tender. Ladle out 1/4 cup pasta cooking liquid, reserve. Drain pasta.

5. In large deep platter combine pasta, red pepper, mushroom and sausage mixture. Stir to combine. Add pasta cooking liquid to moisten pasta. Sprinkle with cheese. Serves 4.

IF YOU WANT IT TO BE BETTER, IT BETTER BE BERTOLLI.



by Julia Malloy

Shrimp Tales



From tiny to gigantic, shrimp is available in more sizes and varieties than ever, thanks to aquafarming (raising seafood in a controlled setting). To find the right size and kind of shrimp for your recipe, refer to these guidelines on choosing and preparing shrimp.

SIZING UP SHRIMP

Larger shrimp usually cost more than the small sizes, so buy big shrimp only when you want its dramatic visual effect—in arranged salads, on skewers, or as a finger-food appetizer. Save small shrimp for mixtures, such as sandwich fillings, soups, and sauces.

Allow 3 to 4 ounces of shelled shrimp for each serving. If you buy it in shells, remember that 6 ounces of raw shrimp in the shell is equal to 4 ounces of shelled, raw shrimp or ½ cup of shelled, cooked shrimp.

SHRIMP VARIETIES

You will see primarily six different kinds of shrimp in this country. Though each differs in appearance, flavor, and texture, you can interchange the varieties in recipes.

Chinese white shrimp have a mild taste and a soft texture.

Gulf brown shrimp or northern brown shrimp are less expensive than white shrimp. Their firm flesh and mild flavor makes them perfect for batter-frying.

Gulf pink shrimp have pretty pink flesh that's tender and sweet. Grill them on skewers or stir-fry them.

Gulf white shrimp or white shrimp have a mild flavor with sweet and firm flesh that turns pink when cooked. Serve stuffed or broiled

CATCH THE WAVE: SPLURGE ON AMERICA'S FAVORITE SHELLFISH.

Black tiger shrimp turn orange when cooked, so they make a colorful showing in salads or pasta.

Pink shrimp describes three different types: pink, giant spot, and side-stripe. Also known as cold water, salad, or Northern shrimp, these smaller shrimp are prized for their sweet and light flavor. Serve them in soups, salads, or sandwiches.

PREPARING SHRIMP

To peel raw shrimp, open the shell down the underside. Starting at the head, pull back the shell. Gently pull on the tail to remove.

To devein shelled shrimp, make a slit along the back from the head to the tail, using a sharp knife. Use the tip of the knife to remove the black sandy vein that runs along the center of the back. Then rinse under cold running water.

To cook shrimp, in a 3-quart saucepan bring 4 cups water and 1 teaspoon salt to boiling. Add 1 pound fresh or frozen shelled or unshelled shrimp. Return to boiling. Reduce heat and simmer, uncovered, for 1 to 3 minutes or till shrimp turn pink. Rinse under cold running water. Drain and chill till ready to serve or use in a recipe.

DELICIOUS IDEAS

Souper Shrimp: Stir together cooked shrimp and a can each of cream of shrimp or potato soup and milk. Add a little snipped fresh dill and a splash of sherry.

Shrimp with Dijon Dip: Combine equal parts yogurt and sour cream. Stir in a little Dijon-style mustard-mayonnaise blend. Serve with chilled cooked shrimp for dipping.

Skewered Sesame Shrimp: Grill or broil fresh shrimp on skewers, brushing with barbecue sauce seasoned with soy sauce, grated gingerroot, and sesame oil.

Mediterranean Pasta with Shrimp: Toss hot, cooked linguine with cooked shrimp, crumbled feta cheese, snipped oil-pack dried tomatoes, and a pinch of crushed dried Italian seasoning.

Cajun-Style Shrimp and Rice: Sizzle shrimp in a skillet with margarine or butter. Add a 14-ounce can Cajun-style stewed tomatoes and a few dashes of bottled hot pepper sauce. Heat through. Serve with hot cooked rice.

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Chicken with Peach-Raspberry Salsa

an (16 oz.) S&W Natural le Peaches, drained and rsely chopped (reserve ce)

oneless, skinless chicken ast halves

cup chopped sweet white ion

1/4 cup chopped fresh mint leaves

4 Tbsp S&W Vintage Lites Raspberry Blush Wine Vinegar Dressing

1 package (10 oz.) frozen raspberries, thawed and drained

end reserved peach juice with 2 Tbsp Vintage Lites ressing; pour over chicken breasts and marinate 15 min- es or longer. Combine peaches, onion, mint leaves and maining Vintage Lites Dressing. Meanwhile, quickly ll or sauté chicken breasts. Gently stir raspberries into ach mixture; spoon immediately over chicken breasts. rnish with additional mint leaves. Serves 4.

trition information per serving: 330 cal; 27 g protein; g carbo; 4 g fiber; 3 g fat; 75 mg chol; 75 mg sodium.

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S&W

SIMPLY WONDERFUL

by Julia Malloy

Pork: It's a Real Cut-Up

Any way you cut it, pork makes a lean and tasty dinner. And, no matter what cut you buy, you can shape it to fit your plans. All you need is a sharp knife and a cutting board.



Roasts



Chops



Cutlets



Strips



Cubes

CUTTING ROASTS TO SIZE

Look for: Lean and tender roasts, such as top loin, center loin, tenderloin, sirloin, or Chef's Prime (a special 2- to 4-pound roast from the rib end of a loin roast), and less tender cuts, such as butt, blade, arm picnic, and leg roasts.

Cut roasts into: Smaller roasts, cutlets, strips, cubes, or chops.

How to cook whole roasts: For best results, roast lean cuts in your oven or over indirect heat on your grill. Use a meat thermometer and roast to at least 160°. (The meat may be slightly pink in the center.) Braise or stew cuts from the shoulder or leg until tender.

CHOPS: THICK AND THIN

Look for: Boneless or bone-in chops, such as rib, top loin, center loin, and sirloin. Chops may vary in thickness, except for special cuts, such as Chef's Prime Filet (a ½- to ¾-inch-thick special cut from the rib end of a loin roast, trimmed of fat) and America's Cut (a 1¼- to 1½-inch-thick special cut from the boneless top loin, trimmed of fat).

Cut chops into: Cutlets, strips, or cubes.

How to cook chops: As a rule of thumb, the thinner the chop, the higher the cooking heat and the faster the cooking time. Thin chops (⅜ inch) can be grilled over direct heat, broiled, braised, sautéed, or panbroiled. Thicker chops (¾ to 1½ inches) can be grilled direct or indirect, broiled, roasted, braised, or panbroiled.

QUICK-COOKING CUTLETS

Look for: Thin, wide slices (⅛ to ½ inch) that may be labeled as cubed steak, cutlets, or scallopini.

How to make cutlets from roasts or chops: Thinly slice the meat crosswise from any boneless roast or chop. Flatten to a ⅛- to ½-inch thickness with the palm of your hand or the smooth side of a meat mallet or a rolling pin.

How to cook: Broil or sauté for skillet dishes and sandwiches.

STRIPS FOR STIR-FRYING

Look for: Thin, narrow strips labeled as pork strips, sliced pork, or pork for stir-frying.

How to cut strips from roasts, chops, or cutlets: Start with a boneless pork loin roast, chop, or cutlet; trim any visible fat, and partially freeze the meat. Thinly slice the firm meat across the grain about ⅛ inch thick; then cut into ½-inch-wide strips that are 2 to 3 inches long.

How to cook: Sizzle the strips in a skillet or a wok for salads, sandwiches, stir-fries, or fajitas. Or, thread them onto skewers for kabobs.

SIZING UP CUBES

Look for: Cubes that are small (½ inch) or large (1 to 1½ inches).

How to cut cubes from roasts or chops: Slice the meat crosswise anywhere from ½ to 1 or 1½ inches thick; then cut it into cubes.

How to cook: Cubes from the loin or rib are best for broiling or grilling. Thread large cubes onto skewers for kabobs. For cubes from the shoulder or butt, brown first in oil, then simmer in hearty stews or meaty sauces, such as ragout or stroganoff. In general, the smaller the size, the faster the cooking time.



A tangy Saladventure Recipe: Crunchy and satisfying – on the side or as the main course. Arrange marinated artichoke hearts, quartered on a bed of romaine lettuce and spinach. Accent with thin-sliced red cabbage. Top with crisp bacon pieces and sauteed croutons. Dust with Parmesan cheese, and add a tasty drizzle of T. Marzetti's Dijon Honey Mustard Dressing. Refrigerated fresh in your favorite grocer's produce department.

T. MARZETTI'S SALAD IDEAS FROM THE PRODUCE DEPARTMENT

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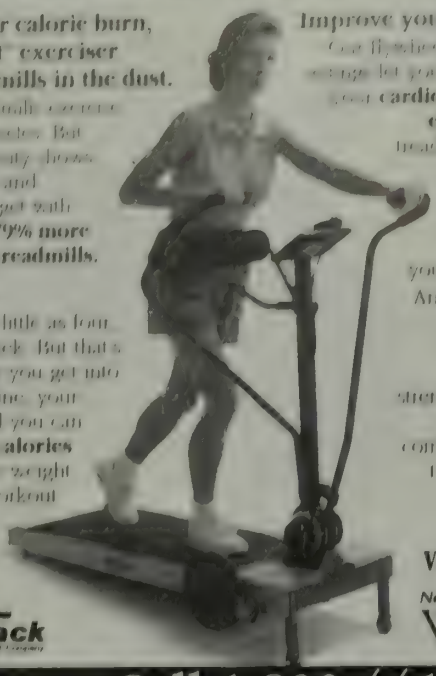
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BUILDING

Big Ideas for a Small Bath



Three simple design ideas can give your bathroom a bigger attitude.

1. Choose the right angles. Don't be square when it comes to shoehorning fixtures into a tight spot. By putting the shower and vanity on angles, extra usable space was squeezed from the corners. The result is a full bathroom in a space suitable to a powder room.

2. Seek the sun. Nothing outshines natural light for improving the livability of a tiny bath. There was no space for a window in this room, so the sun was captured with a generous-size skylight. A clever design trick turns showering into a bright experience. By leaving the shower stall's ceiling open, the sun's rays are channeled directly from the light well in the shower.

3. Keep the color light. It's the oldest trick in the book, but using light-colored materials makes a tiny space appear bigger. These homeowners covered the walls and ceiling in white, and chose sky blue as an accent color. Darker, gray ceramic floor tiles create an anchor for this airy atmosphere.

FOOD

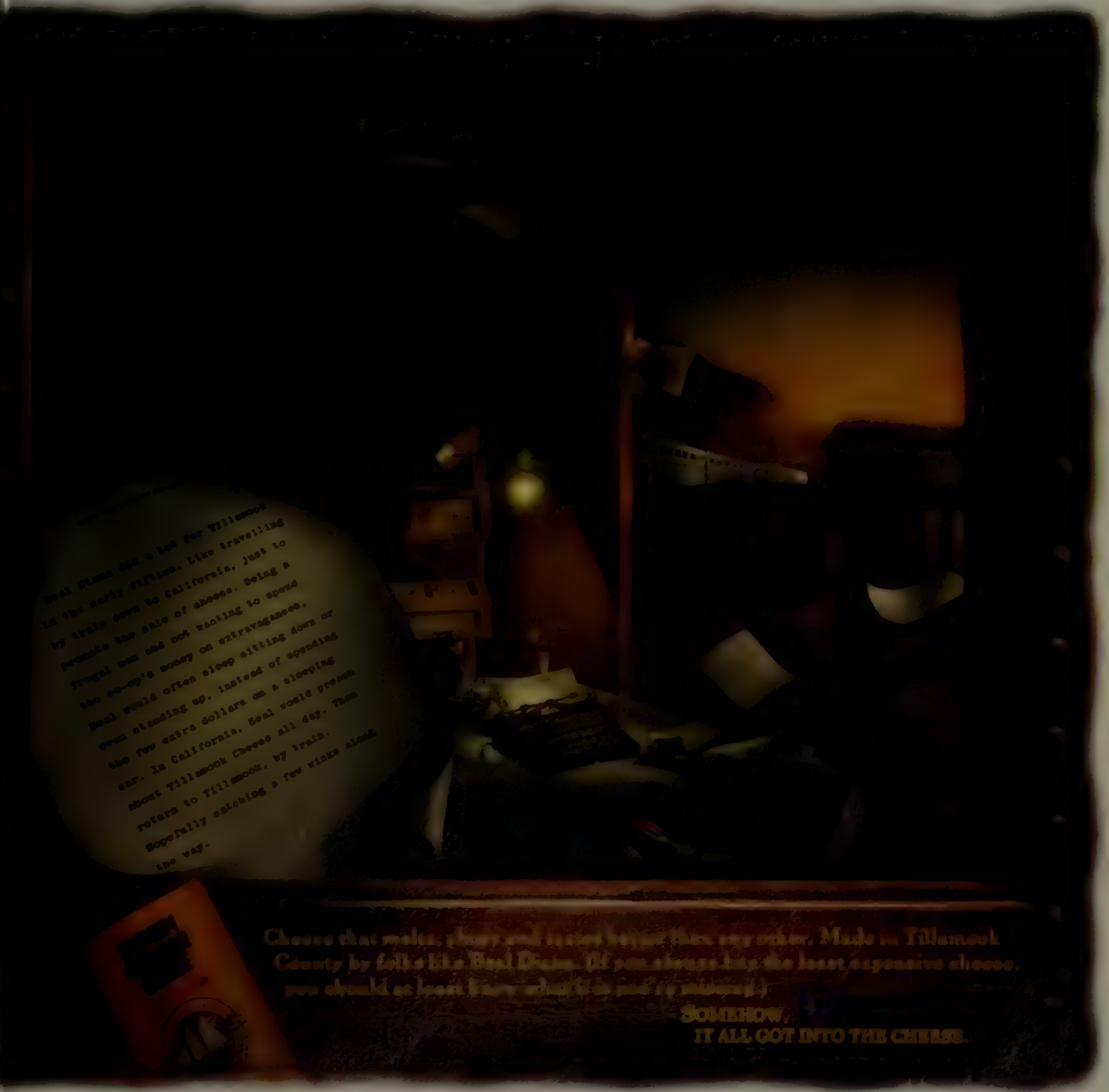
Safety Patrol: Flavored Oils

Garlic- and herb-infused oils and spreads taste great, but, if left unrefrigerated, they may be unsafe.

According to the Food and Drug Administration (FDA), mixtures such as garlic or herbs packed in salad oil can foster life-threatening bacteria when left unrefrigerated. These bacteria (Clostridium botulinum) live on produce, including garlic, and are harmless in oxygen or air. Without air, the bacteria can produce toxins that cause botulism, a potentially fatal form of food poisoning. Refrigeration slows the growth of these bacteria.

Because of these harmful bacteria, the FDA recommends that home cooks avoid recipes that require putting garlic or herbs in oil, margarine, or butter, and storing them for longer than a day, even in the refrigerator. As long as commercially prepared oils and spreads contain preservatives, such as citric or phosphoric acid, and they have been stored in the refrigerator after opening, they can be safe for weeks. The protective additives used in commercial preparations are not available for home use.

It's a good idea to dispose of any products, purchased or homemade, that do not contain preservatives and have not been refrigerated. ⌂



by Jan Frank

Cover the Clutter Kitchen





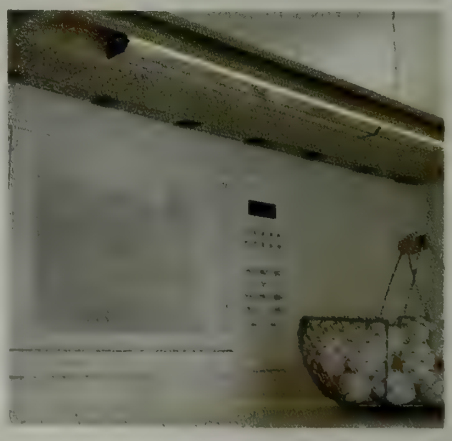
This dated "pine box" became a sleek contemporary kitchen, spurred by the owners' inspired cabinet customizing. Elegant porcelain tiles replaced three layers of sheet vinyl that had covered the floor.

"To us, even having a loaf of bread out on the counter makes the kitchen look messy," say homeowners Terrell and Diane Goeke. Superfluous kitchen decoration and counters clogged with appliances just aren't for them.

Instead, when these lovers of simplicity and order rehabilitated their '60s kitchen, they cut to the essentials and added no-nonsense custom cabinets that make keeping order easy. "Everything has a home," says Terrell, who designed the makeover, "and we no longer have groceries sitting in the garage because there's no place for them in the kitchen."

Several coats of varnish and the passing years had turned the old pine cabinets orange. Terrell replaced them with new ash cupboards stained a soft cream color. The polished checkerboard porcelain tile floor is eye-soothing black and beige and the bull-nosed solid-surface countertops complete the desired "classic contemporary" look.

A peek inside the cabinets reveals why the kitchen remains so pristine. Two bi-fold doors conceal a compact baking center. Small appliances sit at the back of the work space.



The microwave oven nests in the backsplash where it's easy to access but conveniently out of the way.

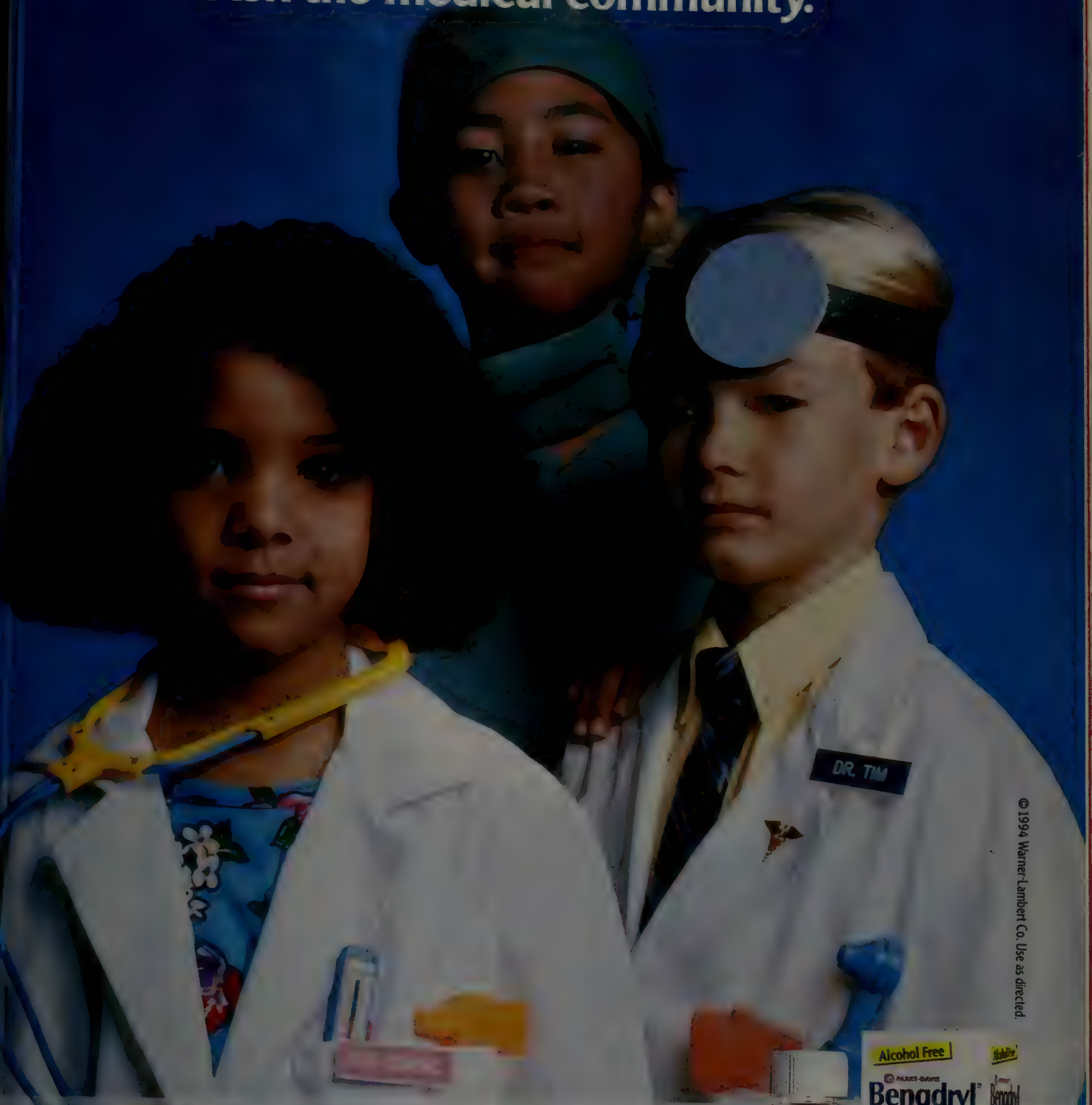
Cookbooks and staples have speci niches, and drawers offer up th right bowl. Even oversize boxes f easily here. Each work area featur recessed task lighting and easy acce to under-cabinet strips of outlets.



The self-contained baking center disap pears behind drawers and bi-fold doo which adds to that no-clutter look.

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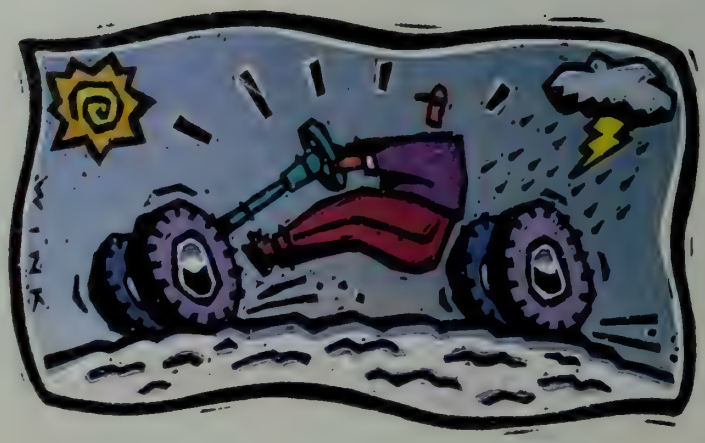


auto update

MAY 1994

Traction Control

New safety on the road

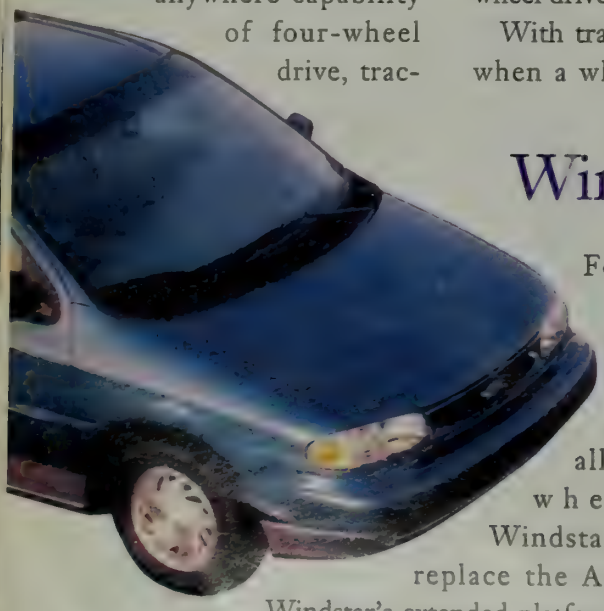


Four-wheel drive is still the ultimate in slippery-road traction, but a newer, less-costly technology is gaining ground. Called traction control, it uses just two wheels to help retain control when a wheel starts to spin. Although it does not provide the go-almost-anywhere capability of four-wheel drive, traction control dramatically improves the car's ability to function in slippery conditions, and for far less money. It also adds virtually no weight to the vehicle, unlike four-wheel drive.

With traction control, when a wheel starts to spin, a computer detects the danger, immediately applies the brake on that wheel, and simultaneously signals the engine control computer to retard ignition timing. In some systems, it also reduces fuel flow. The actions serve to reduce engine output, which reduces the power sent to the wheels. Once wheel spin is controlled, all systems instantly revert to normal operation.

Traction control used to be available only on expensive European vehicles, but it's becoming standard or optional on a growing number of less costly vehicles, such as the Dodge Intrepid. On that car, traction control, including antilock brakes, costs $599. In comparison, four-wheel drive adds $1,770 to the cost of a Ford Explorer.

Winning Windstar



Ford's latest entry into the popular family minivan market is the all-new, front-wheel-drive Windstar, which will replace the Aerostar. The Windstar's extended platform (120.7 inches) and roomy interior provides extra space and flexibility for passengers and cargo, including increased walk-through and head and shoulder room, a 7-passenger seating system that's easy to reconfigure, and a lowered step-in (16 inches). The Windstar's tight turning base, responsive suspension system, smooth but feisty V6 engine, and quiet ride create the car-like feel that many customers seek from a minivan.

The Windstar is great-looking too, using subtlety curved exterior lines and a tapered roof rack to avoid a boxlike profile. Safety ranks high: lots of glass for extra road vision, standard dual air bags and four-wheel antilock brakes, and side panels that meet the government's 1997-98 impact standards. A built-in child's seat is optional. Estimated gas mileage runs 17 mpg city/25 highway. Prices start at $19,455 for the basic GL model and move up to $23,540 for the top-of-the-line LX model—each plus $540 destination and delivery charge. There are two more GLs and another LX to choose from. Ford began shipping Windstars in late March.





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Choosing a Dog

Love at first sight can be a risky way to pick a pet. Be sure you and the dog share compatible lifestyles and temperaments.

Forego fantasies and use logic to match your needs to the dog's. Despite longing for a dalmatian since you saw 101 of them in the movie, don't get one unless you lead an active life and are good at obedience training.

If you live in a city apartment and are gone all day, avoid big, active breeds such as the Irish setter. Instead, choose a small dog, such as a toy poodle, that requires little exercise. For a housebound elderly person, consider an amiable lapdog such as a pug or a cavalier King Charles spaniel.

KIDS AND DOGS

Don't get a high-strung terrier that may nip your curious toddler, or a Saint Bernard, which is too big for your child to walk. Look for a gentle breed known for its friendly and forgiving temperament, then study the disposition of the actual dog you're considering.

Purebred animals have their fans, but mixed-breed dogs also make terrific family pets. Just keep in mind the characteristics typical of the dog's blended heritage. For instance, many dogs are part Labrador retriever. Their friendly nature and thick coat mean they normally don't mind being grabbed by small tots. Golden retrievers are good for families too.

Breeds to avoid include the chow chow, an independent spirit that doesn't like its space violated; the Lhasa apso, which may favor one family member and be churlish with others; and traditional guard dogs such as rottweilers and Dobermans, which may love your kids, but not tolerate their friends.

ADOPTING FROM A SHELTER

Adopting from a shelter not only saves a dog's life, but it can save money as well. Ask:

Was the animal a stray or surrendered? Try to find out about its medical history and past home life.

Are there behavior problems? Rather than causing difficulties, a dog may have been surrendered because a family member developed allergies, or the owners moved.

What is the dog's temperament? Ask the kennel staff about the animal's disposition, walk the dog, and have it interact with every family member. Is the dog hyperactive, lethargic, or overly shy? Don't choose Buster if he obeys your spouse but growls at your child.

DOGGONE CAUTIONS:

Avoid retail outlets. "Stores often buy from puppy mills where the dogs are poor quality and churned out like chickens," explains trainer Bob Maida of Manassas, Virginia.

Buy from a reputable breeder if you want a purebred. Locate these by referrals from friends, a local veterinarian, or by contacting the American Kennel Club in New York: *919/233-9767.*

Use the Puppy Aptitude Test. Avoid a dominant or submissive pup. To pick any puppy, employ these simple tests from *Your Purebred Puppy, A Buyer's Guide* by Michele Lowell.

- Kneel down and clap your hands. The normal puppy comes readily, tail up. The dominant puppy runs at you and may nip; the submissive puppy comes hesitantly, tail down.
- Gently place the puppy on its back and hold it down for fifteen seconds. While the dominant puppy struggles the entire time and the submissive puppy lies passively, the normal puppy will struggle a bit, then relax.



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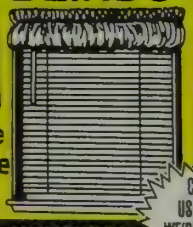
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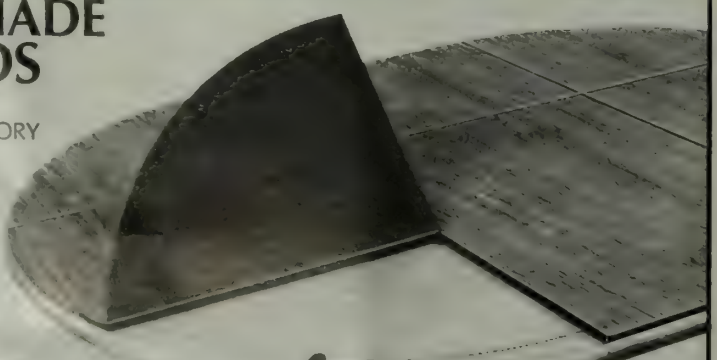
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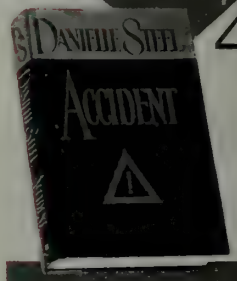


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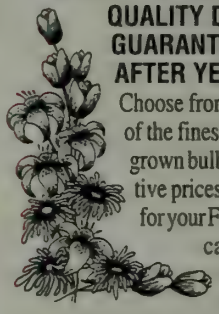


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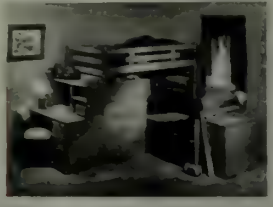
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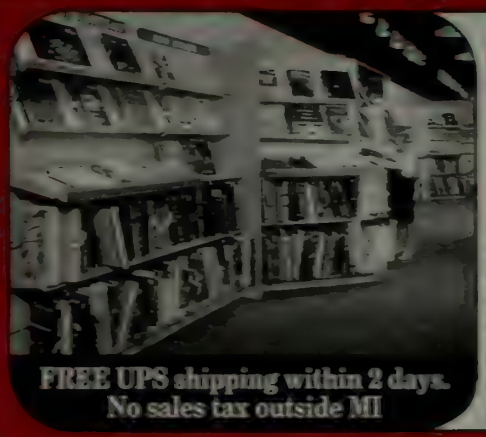
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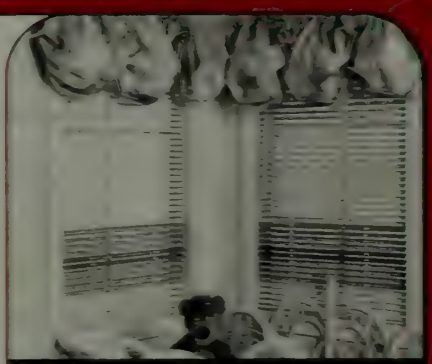
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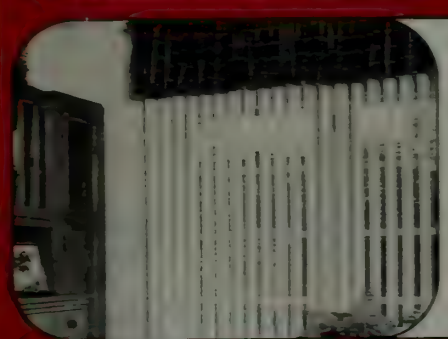
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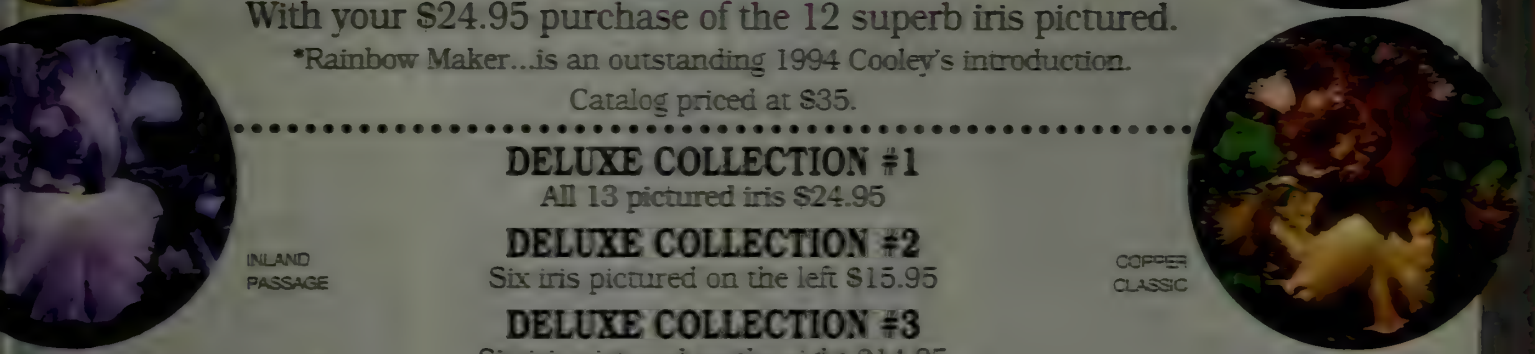


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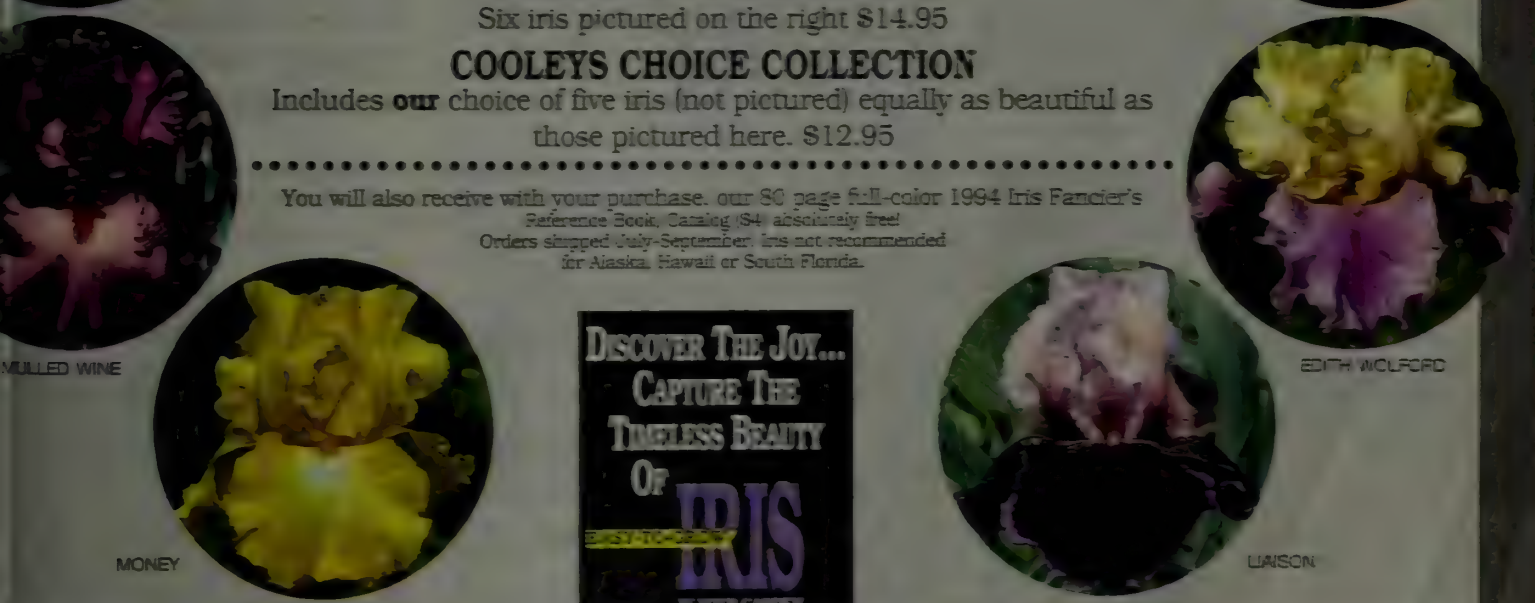
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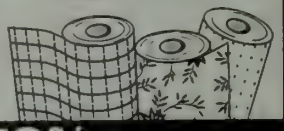
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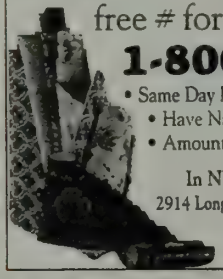
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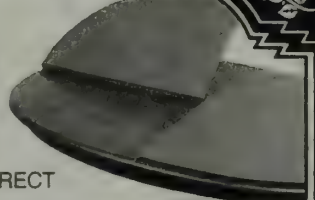


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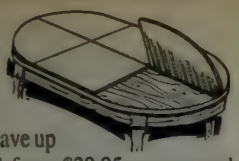
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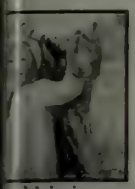
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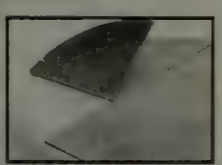
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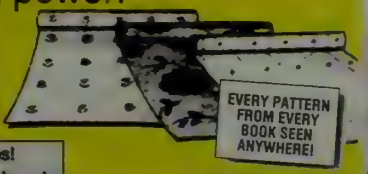
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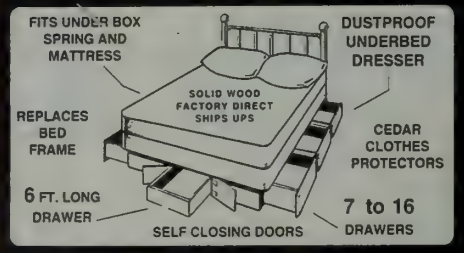
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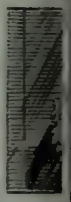


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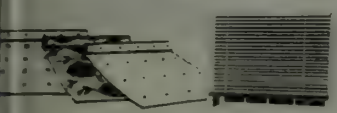
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"I know this isn't your car. The 'I Love My Grandchildren' bumper sticker kind of gives it away."

Newspaper editor Earl Reeves has uncovered an eerie balance in the fact that the news is getting weirder while the comic strips are becoming more realistic.

Elaine Cowan is relieved that tests on mice show that hair dyes don't cause cancer, but quips, "Now I'm worried that I'll start running into the rodents at the beauty shop."

The Rev. George Hall reports getting sermon ideas at the oddest times. For instance, he composed "Life's Little Surprises" while driving down the highway watching bugs go splat on his windshield.

Aunt Opal learned the value of a penny recently: She found herself at a gum ball machine holding a fistful of nickels, dimes, and quarters.

Christine says that beepers, fax machines, and voice mail have made her a better real estate salesperson, but adds that technology will never make it easier to say, "You may have to take a little less for your home."



"How's the fish?"

Dot Dresch says she's stopped living from payday to payday. "Now it's more like payday to Mayday!"

Burt Jr. guesses that, today, Johnny Appleseed would have to file an environmental impact statement.

Bill Drummond finds that few things shake him up more than "coming to" and realizing he doesn't remember driving the last 50 miles.

Dick Dresch has found a way to deal with overbearing telephone sellers. "I ask them very politely to call back when I'm not here," he explains. "You'd be surprised how many say, 'Sure!' "

Bill Norman argues that life's longest moment these days are the few seconds waiting while a cashier runs your credit card through the little machine that says, magically, whether your credit is good.

~Rosemary writes from college that the political correctness movement is taking hold on campus. The student newspaper was called to task by the administration for running a column questioning some of the offerings in the minority studies program. Then an entire fraternity was told to attend sensitivity training sessions after some boorish name-calling at a neighboring sorority.

"I thought this country was founded on respect for the rights of individuals who hold unpopular—or even misguided— opinions," she says.

But what bugs Rosemary isn't that school officials go along with the trend. "What I really worry about," she writes, "is that a lot of the students seem to agree. I guess today Patrick Henry would have to say, 'Give me liberty—if that's OK with everybody.' "

Burton Hillis

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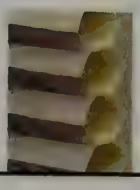
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SINCE 1986, THIS SHADE HAS BEEN YANKED UP AND DOWN 3,154 TIMES, SURVIVED SEVERAL ATTACKS BY A REMOTE-CONTROLLED ROBOT AND ONE EXPLOSION OF A MISGUIDED WATER BALLOON.

THE FABRIC SHOWS VIRTUALLY NO WEAR AND TEAR, THOUGH WE CAN'T SAY THE SAME FOR THE PARENTS.



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DUETTE®
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NOBODY RAISES A SHADE TO THE LEVEL WE DO.

Dramatization: While this isn't the actual shade, Duette shades are built to successfully en... ...orse punishment.



Hunter Douglas, we believe a window shade should really hang in there. Which is why we designed Duette® – the ginal honeycomb shade – to be as practical as it is beautiful. There is only one Duette brand, and we back it with a etime guarantee. For more information and a free fabric sample, call 1-800-32-STYLE. In Canada, call 1-800-265-1363.

Hunter Douglas: your source for Duette® shades, Silhouette® shadings, pleated shades, horizontal and vertical blinds, and coordinated fabrics.

ADVERTISEMEN

Whirlpool

TimeSmart℠

Party Planning Pointers

Choosing a Menu

■ Plan the menu for your party around dishes you're comfortable with. Add just one or two new ones.

■ Make only one dish a splashy one. Let the others take supporting roles.

■ Combine interesting, contrasting colors and textures in foods. Plan a menu as if "painting" the meal.

■ To make sure you enjoy your party as much as your guests do, plan to serve as many make-ahead items as you can.

Special Touches Made Easy as 1,2,3

■ Planning the perfect party starts with your invitation. If you phone guests, call everyone the same day so no one will feel like an afterthought.

■ Decorations need not be elaborate. Candles or a table centerpiece may be enough.

■ The most important special touch is you. Make your guests feel special by greeting them personally at the door, then making appropriate introductions to put them at ease.



Party preparation—and cleanup—are a snap in a **Time**Smart℠ *kitchen outfitted with Whirlpool® appliances.*

For additional tips to help you manage your home better, call for a free Whirlpool® **Time**Smart℠ Guide, **1-800-253-1301**.

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TimeSmart℠ TIP

Cleaning the Dishes

• Turn your home's water heater down to 120 degrees. The heating element in your dishwasher will boost water temperature to dissolve greasy foods. You'll save money on water heating costs.

• To save time and water, don't pre-rinse dishes before putting them in the dishwasher. Most have grinders that pulverize food into particles and send them down the drain.

• The right amount of dishwasher detergent is the key to getting your party ware its cleanest. The harder your water, the more you should use.

• When the dishes are heavily soiled, select the appropriate cycle and put detergent in both covered and uncovered dispensers for two washes. When dishes are normally or lightly soiled, again select the appropriate cycle and put detergent in the covered section only for one wash.



Ever want to be in more than one place at once?

hen you'd have enough time for everything. It's a ought, but just a thought. That's why Whirlpool® akes refrigerators with EZ-VUE™ Design. The e-through bins and up-front lighting make every- ing easy to find. And unique lateral adjustable elving means you can even custom-create orage. At Whirlpool, we know you've got a lot to do. hat's why we make refrigerators for the one of you.



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Home Appliances

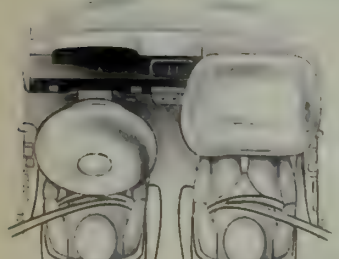
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Two Million People Have Put Their Trust In It. Along With A Zillion Other Things.

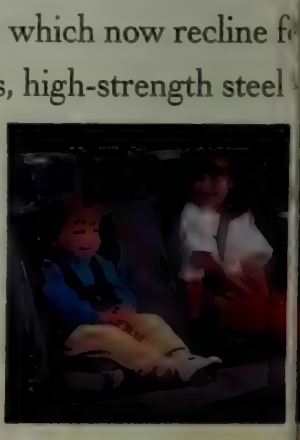




Dodge Caravan is the minivan that *invented* minivans. And Americans continue to make it their favorite, for zillions of good reasons.

Grand Caravan can carry an entire kids' basketball team (coaches included), a week's worth of groceries and myriad other things with ease. It carries something else, too: the distinction of being a leader.

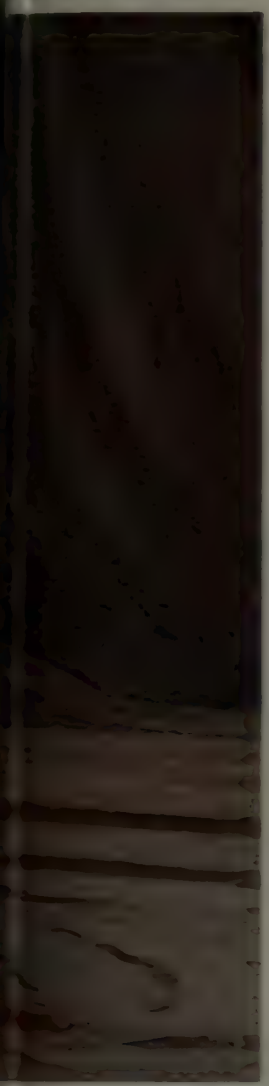
Today, Caravan moves ahead with such notable innovations as a standard airbag for both the driver and front passenger[1] – and available integrated child safety seats which now recline for added comfort. In the doors, high-strength steel guard beams help provide dynamic side-impact protection as part of a total energy management system. And on Caravan's sliding side door, a child



tection lock is standard. The fact is, its safety gineering is so ahead of its time, today's

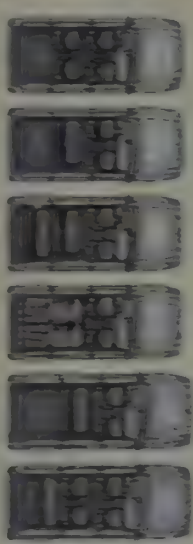


aravan actually exceeds 1998 car safety equirements.[2]

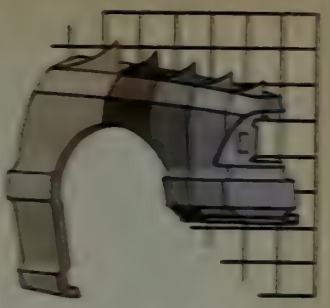


Within that protective environment, you'll find up to 141 cubic feet of usable space, depending on the model you choose. As you'd expect, Caravan's interior can be arranged in a number of different configurations. And in just a jiffy, too. (After all, Saturday mornings were invented for running errands, not playing musical minivan chairs.) You'll find this versatile, convenient, comfortable interior is bounding with available innovations. Like a rear bench that slides forward to create extra cargo room, a Converta-Bed, Quad Command bucket seats and more.





Caravan's exterior really shines, too. Most major body panels are made from two-sided galvanized steel. All metal surfaces are subject to a nine-step pretreatment process. Then, in a full immersion procedure, the entire body is electroplated with corrosion-resistant epoxy. That's followed by an elastic anti-chip coat on the exterior sills, a two-stage base color coat and not one–but two–separate clearcoat applications on the lower body. The result is a finish that's virtually impervious to the elements.



Once you've concluded that Caravan is *the* minivan to get, you'll be faced with a pleasurable task. That of deciding which Caravan is *the* Caravan to get. You have a choice of two lengths. Caravan, or longer Grand Caravan. There are also Sport, All-Wheel Drive, SE, LE and ES models. Each one drives like a car, which is something of a Caravan hallmark.



Whatever model Caravan you choose, it'll be backed by the Owner's Choice Protection Plan featuring 7-year/70,000 mile powertrain protection or 3-year/36,000 mile bumper-to-bumper coverage.[3]

Now that you know you can put your trust in Caravan, we think it's time you put yourself in one. So how about a test drive?

For the name of your nearest dealer, or for a free brochure, call 1-800-4-A-DODGE.

1 Always wear your seat belt. 2 Excluding sunscreen glass & CV models. 3 See limited warranties, restrictions & details at your dealer. Excludes normal maintenance adjustments & wear items.

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Cover Photograph: William Stites. Regional Editor: Estelle Bond Guralnick

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $17 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. **Subscription prices:** One year $17 in the United States and its possessions. Canada, add $12 per year. Other countries, add $12 per year. Trademark registered in Canada and Australia. Marca registrada en México. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. BOX 55211, BOULDER, CO 80322-5211. June 1994. VOL. 72, NO. 6
Canadian Publications Mail Sales Product Agreement No. 450529. Canadian GST Registration Number R123482887.
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Read to Discover℠

GUESS WHERE CHRYSLER IS DRIVING KIDS.

To books—and a lifelong love of learning.



America's most creative carmaker helps the nation's kids get ahead of the curve. And stay there. We are doing it with the Chrysler Learning Connection, a continuing reading-motivation program.

This innovative program helps link families and schools. Part of it—two 12-page special sections on reading and the family—ran recently in this magazine.

CHRYSLER LEARNING CONNECTION

We also sent a video, a poster and some innovative learning activities to 65,000 elementary schools.

As the sponsor, Chrysler Corporation is intensely proud of the program. But we're also proud of our partnership in this effort with the American Federation of Teachers and the Association for Supervision and Curriculum Development.

Together we're helping to make America a nation of people who love to read. Because readers are learners. They create the future.

aft American Federation of Teachers

ASCD Association for Supervision and Curriculum Development

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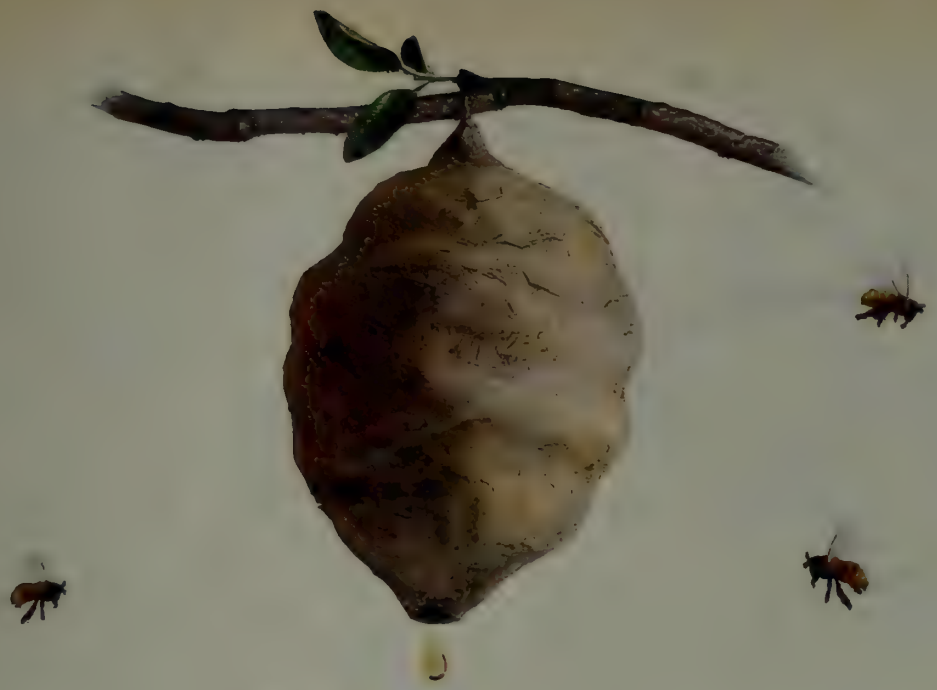
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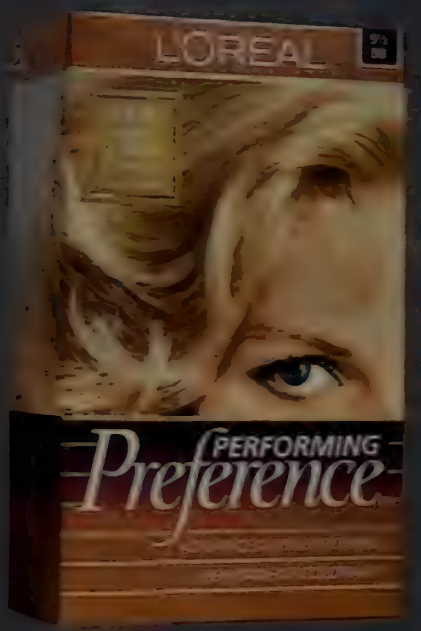


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SOME SEEK TRUTH. SOME LOOK FOR HIGHER MEANING. SOME JUST WISH THEY COULD FIND THAT ONE ARGYLE SOCK.



Find out how the Stanley Closet Organizer could help bring some order to your life. Or at least your closet. Write to Stanley Hardware, P.O. Box 1800 RG, New Britain, CT 06050, or call 1-800-515-4422 and ask for our free brochure or $4 video.

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helps you do things right.

between friends



ANDY LYONS

Count me in with the crickets and the pond frogs. With the first burst of summer, I come alive and, suddenly, everything is brighter, livelier, and more fun.

I used to think this metamorphosis was a ritualistic thawing out that happened only to Minnesotans who had been encased in ice and snow for half a year. But that's not true. I've lived away from the frozen North long enough that warm weather shouldn't be such an unexpected blessing. The truth is, nearly all of us feel the same summer sensations, no matter where we grew up.

When the sun comes out, so do the stored golf clubs, fishing rods, and baseball bats. Summer means we can toss our shorts in a bag and head for the lake, or gather the kids in the car and go to the park for picnics. There's no time quite like summertime!

And if you're looking for ways to make the most of this season, check out our great summer potluck recipes (*page 154*), no-mow yard (*page 121*), and wonderfully romantic garden hideaways (*page 127*). Or, if you, like I, crave a dose of summer all year long, take some tips from our "garden look" decorating story (*page 141*).

I hope you like this issue of outdoor living ideas. It's one of the most easygoing, enjoyable magazines we've done in a long time. But then, I would think that. Right now, I'm as happy as a turtle sunning itself on a rock. Summer's here and I'm going to enjoy every minute of it!

Jean LemMon

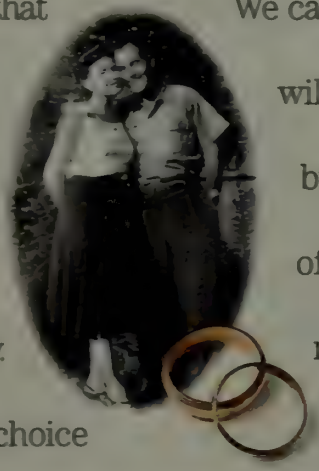
Jean LemMon, *Editor in Chief*



Mrs. Gampl has always had the same husband and washer, but only one gives her any trouble.

Mrs. Ruth Gampl of McHenry, Illinois, can remember the day she began what has turned out to be a truly wonderful relationship. In all the years since that special day, she's raised a family, moved that family three times and, of course, done thousands and thousands of loads of laundry.

She has no regrets about that choice she made all those years ago. The fact is, during all that time, for better and for worse, through thick and through thin, she's hardly had a single problem.



And you will be happy to hear that, like her washer, Mrs. Gampl's marriage is still going as strong as ever.

We can't promise your Maytag washer will last as long as Mrs. Gampl's, but we vow to build every one of our washers to last longer and need fewer repairs.

So when you're ready to make a long-term commitment, make your next washer a Maytag. Chances are, like Mrs. Gampl, you'll end up spending many happy years together.



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THE DEPENDABILITY PEOPLE™

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MERCURY VILLAGER It's true that the competition may not be all that excited about the overwhelming success of the Mercury Villager.

After all, it *is* the only front-wheel-drive, V-6 powered minivan that gives you the smooth, quiet ride and easy handling of a Mercury.

Our competitors would breathe a lot easier if you didn't know about Villager's innovati sliding rear seat that easily moves forward provide extra cargo space. Or about Village



Villager's innovative sliding rear seat moves forward in seconds for extra cargo space. Its removable middle seat provides even more cargo space.

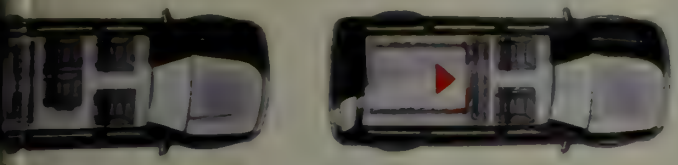
Our Competitor To Turn Thi



LINCOLN-MERCURY DIVISION Ford Buckle up - togeth[illegible] lives. *Driver side air bag to supplement safety belt. Always wear your safety belt.

ard driver-side air bag* and four-wheel anti-
rakes, available power moonroof and keyless
system. The kind of amenities that separate
a Mercury minivan from an ordinary minivan.

So if you want to know more about the Mercury Villager, we suggest you take it for a test drive or call 1 800 446-8888. And pay no attention to that gentleman in the lower right-hand corner.



MERCURY
ALL THIS AND THE QUALITY OF A MERCURY

Would Be Happy
Page For You.



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character from her dream.





home cooking

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Anne Wa

We hear comments like these all the at Stouffer's. And it makes us pr You see, we take the same care and e that you would use. So it's no wo that people like Anne Warner say Stou is as close as you can get to home coo And when she tries our tender, c fried chicken with real Idaho whi potatoes, she won't be surprised th tastes so good. Because that's the of quality she expects from Stouf



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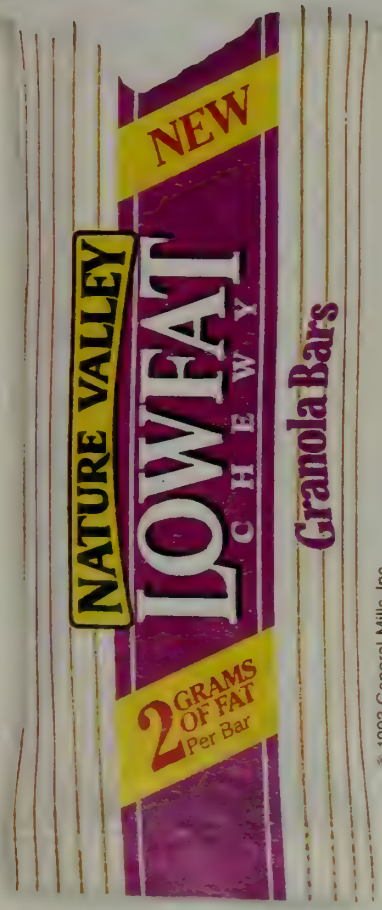
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to make two grams of fat
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family network

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After our teenagers obtain a driver's license, we require them to accumulate 500 miles of driving with a parent. This gives them extra driving experience on interstates and in larger cities, and we benefit from our time alone with them.

Jean Brookey
Fairborn, Ohio

TRAPPING TICKS

The next time you go hiking during tick season, take along a roll of Scotch tape. If you wish to capture a tick on your clothing or body, trap it with a piece of tape. Tape also is useful for removing fastened ticks. Save the imprisoned pest so it can be identified when you reach home.

Mae M. Shilts
Holcombe, Wis.

TV BLUES

A new rule, "No television on school nights," has improved my children's school grades and their interest in reading. As a compromise, I let them tape a favorite program, which they can watch during their free hour after school. They now find many of the shows they thought they had to see aren't worth the time to set up the VCR.

Peggy Semling
Schofield, Wis.

COMPUTER COMMUNICATION WITH PARENTS

Daily communication with my distant elderly parents was an expensive endeavor. My husband and I solved the problem by getting them a computer and joining a national on-line program. Every day we can send and receive E-mail. Our family is connected from Pennsylvania to Illinois to Washington. Once a week we have live conferences. My 83-year-old dad absolutely loves his computer. My mom says he looks and acts years younger.

Dr. Anne Anderson
Plainfield, Ill.

FOREIGN TOOTH FAIRY

We had a slightly different tooth fairy tradition in our home. Each time a child lost a baby tooth, we left a coin from a different country under his or her pillow. The next morning, the child's excitement about receiving a treat was accompanied by a search through the encyclopedia and atlas to see where the tooth fairy found this treasure.

Mary P. Walter-Feltner
Snohomish, Wash.

BAD DREAMS? FLIP YOUR PILLOW

My oldest son used to wake up with nightmares, so I would say: "I know what the problem is. You have your pillow the wrong way! The bad dream side is facing up. All you have to do is turn it over, and you won't have to worry about it anymore." The first time I told this story to him it worked, and it's worked with all the children I've told it to since.

Paula-Rae M. Vanboxtel
Seymour, Wis.

WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each idea published.

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walk *on the* *wild* side



Travel frees you to see wild creatures in their natural environment. When you observe animals in the wild, you can watch their nostrils quiver as they investigate scents and their muscles tense like springs for pursuit or flight. These wildlife-rich vacations let you and your youngsters see nature in action—from bison and birds to turtles, whales, and seals.

by
George S. Bush
&
Lois Anne
Naylor



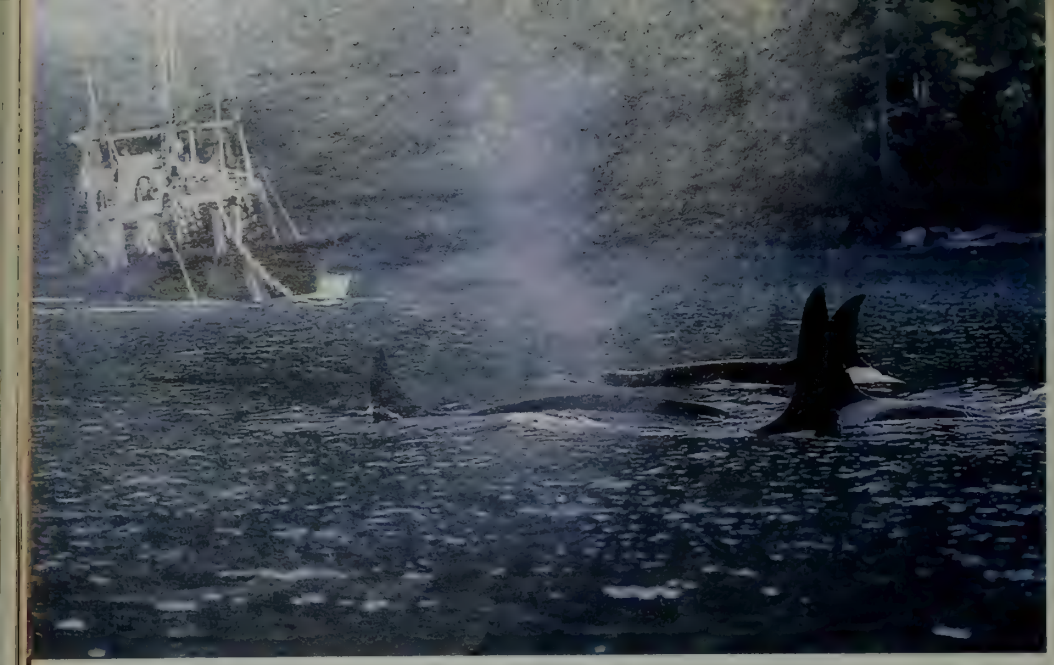
WHALE WATCHING

Thar she blows!

You stand at the ship's rail, staring at the endless sea. Is there anything down there? Then, a sudden yell, "Whales at ten o'clock!" And here they are.

Great fountains, spouting high above the waves, herald the whales' arrival from the deep. Soon, their immense backs cleave the surface, arching through the water at great speed. They come up once, maybe a few times. Occasionally they stick their heads up. And, with a playfulness that's almost human, they may even perform a partial leap that ends with a mighty splash.

continued on page 22



walk *on the* *wild* side

Whale-watching boats off the Atlantic and Pacific coasts allow you to watch these magnificent creatures up close.

From pelicans in the Everglades to geese and eagles in California's Klamath Basin, birds and waterfowl are easy to see in the wild.



Finally, these gigantic creatures flip their twin tail flukes in farewell and dive out of sight.

You can share in this adventure on excursions from ports on the Atlantic (late spring into fall) and the Pacific (early winter into spring). Trips range from a few hours ($12–$25) to all day (about $50).

Lunchtime off New England. Whale-watch boats scout underwater plateaus where whales come to feast. Among the most prolific is the Stellwagen Bank off Gloucester, Massachusetts, nature's gourmet restaurant for hundreds of humpbacks, finbacks, minkes, and right whales. Up to a dozen of the whales—some 60 feet long and weighing 60 tons—may come so close to the boats that you get splashed when they leap. They seem to enjoy showing off for humans.

Trips average around 10 to 15 sightings, and sometimes range up to more than 40. Cape Ann Whale Watch in Gloucester (*800/877-5110*) always has a naturalist/guide along on its half-day outings. The peak season comes in July and August.

Pacific vagabonds. More than 20,000 gray whales migrate down the Pacific coast from the Arctic with the coming of winter. After giving birth to their young off Baja California, they cruise north in the spring. On a good day, you may see a dozen or so coming up for air as they pass by. The southward migration usually peaks in January.

Oceanic Society Expeditions runs naturalist-guided day trips out of San Francisco on weekends, and 2½-hour excursions from Half Moon Bay; *800/326-7491* or *415/474-3385.*

Other whale trips: ***California: 800/462-2543. Connecticut: 800/TO ENJOY. Hawaii: 808/923-1811. Maine: 800/533-9595. Massachusetts: 617/ 727-3201. New Hampshire: 603/271-2343. Oregon: 503/994-2164. Washington: 800/443-4552.***

MIGRANTS BY THE MILLION

Eagles, geese, ducks, and swans

For the most waterfowl you're ever likely to see, head for two neighboring California wildlife refuges around mid-November. They are located in the remote, sparsely inhabited Klamath Basin, south of the Oregon border. Armadas of bald eagles, drawn by the chance to feast on crippled fowl, show up at the same time. Some 600 to 800 of these raptors form the largest eagle rendezvous in the lower 48.

Ducks and geese stop off in the Klamath Basin between early October and late December in such multitudes that the air rumbles with the beating of their wings, and the sky turns into a tapestry—an almost solid weave of birds with only a little blue sky showing.

Up to 1½ million waterfowl arrive, including snow and Canada geese and ducks, plus up to 20,000 tundra swans. All the while, eagles perch on telephone poles ready to pounce on potential prey. Then, victims firmly clawed, the eagles return to their roosts to feed.

You can witness all this up close, touring the dike-top roads that wind through the neighboring Tule Lake and Lower Klamath Basin national wildlife refuges. They're off Highway 161, just inside the California state line, 25 miles south of Klamath Falls, Oregon.

From the north, Klamath Falls offers the nearest lodging choices. From California, you'll find motels at Mt. Shasta and Weed, about 70 miles from the refuges via US-97.

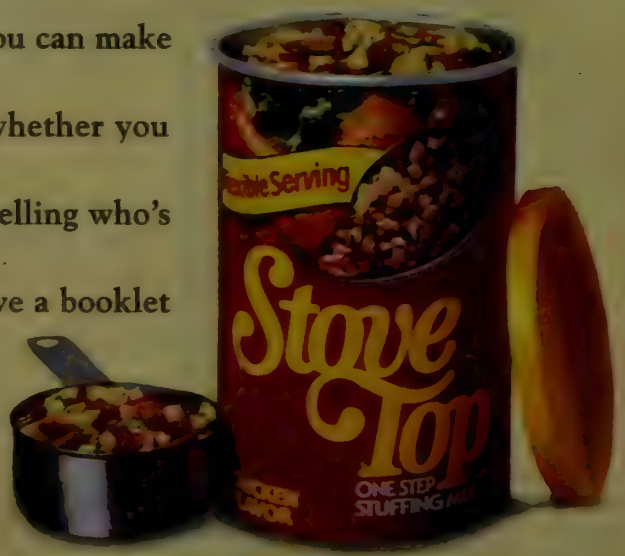
For refuge tour maps: ***Klamath Basin National Wildlife Refuges, Rte. 1, Box 74, Dept. BHG, Tulelake, CA 96134; 916/667-2231.*** Travel information: ***Shasta Cascade Wonderland Assoc.: 800/326-6944, Klamath County Dept. of Tourism: 800/445-6728.***

continued on page 24



The One Thing You Can't Measure With Stove Top® In The Canister Is How Many Will Drop By For Dinner.

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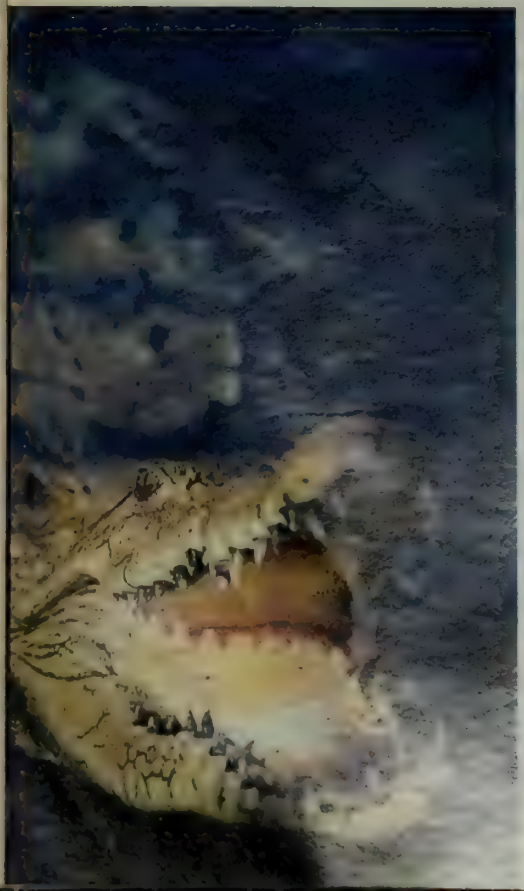




walk *on the* *wild* side

Airboat tours are a popular way to see some of the abundant wildlife near Everglades National Park.

Florida's Everglades harbors alligators as well as the United States' only naturally occurring crocodiles.



FLORIDA'S EVERGLADES

After the hurricane, wildlife aplenty

Don't let the memory of Hurricane Andrew keep you from visiting Everglades National Park, whose unique array of ecosystems stretches from freshwater saw grass marshes to briny mangrove jungles on Florida's tip. When Andrew roared through southern Florida in 1992, it nearly wiped out Homestead at the park's eastern gateway and dramatically changed some areas of the Everglades. But few animals died. The Everglades remain a slice of Eden, where grinning alligators lie in wait to chomp on turtles and garfish, bald eagles roost in treetops, and crocodiles crawl along Florida Bay's shores.

Boardwalk sights and sounds. Short foot trails, mostly on elevated boardwalks, branch out from the 38-mile road that leads from the Homestead entrance to Flamingo, the park's outpost on Florida Bay and site of the visitor hotel, Flamingo Lodge. Each trail concentrates on a special environmental feature.

The Anhinga Trail, on Taylor Slough near headquarters, abounds with gators, turtles, and garfish—an aeons old primitive piscine predator. Herons stake out the slough, waiting for lunch to swim by. Wading birds peck at the shallows for tidbits. Anhingas dive for fish, then stand on the bank, spreading their wings to dry like laundry. The boardwalk at Mahogany Hammock turnoff guides you through the U.S.'s only grove of native mahogany trees, a favorite habitat of owls.

Eagles, otters, and crocodiles. You'll have the best chance to find these elusive creatures around Flamingo. River otters often parade along the road near Nine Mile Pond. Some 50 pairs of bald eagles, along with a few peregrine falcons, have established nests in this protected area.

Most of the 200 to 400 crocodiles live along Florida Bay and on small islands about 25 miles to the east of Flamingo in the Crocodile Reserve. But a few hatch their young on sand strips near Flamingo.

From the Flamingo marina, you can set out on waterborne adventures—narrated sightseeing cruises and excursions by rental skiff or canoe. Cruises tour Florida Bay or jungle-fringed backcountry waterways ($8.50–$32).

Renting a motorized skiff ($65 a day) works for fishing, but canoes ($25 a day) are more rewarding for eco-excursions. You glide along so silently that wildlife on the banks often remain unaware of your approach.

For the finest Everglades outings, go canoe camping. Most marked canoe trails have designated campsites. Get your free permit at the ranger station. Cape Sable, the southernmost point on the mainland, is a favorite destination. Sea turtles lay eggs there in summer.

Shorter visits. At the Shark Valley Information Center, on US-41 35 miles west of Miami, you can rent a bike or take a sightseeing tram ($7.30; 6–12, $3.65) for a 15-mile loop tour of wildlife-rich sloughs and ponds.

From the park's Gulf Coast gateway on SR-29 at Everglades City, southeast of Naples, join two-hour boat tours of the Ten Thousand Islands archipelago. The islands teem with colonies of egrets, herons, pelicans, and roseate spoonbills ($10.60; kids, $5.30).

Practicalities. Flamingo rooms $74–$87, November–March, less in summer; cottages, $87–$102. ***TW Recreational Services, No. 1 Flamingo Lodge Hwy., Dept. BHG, Flamingo, FL 33034-6798; 800/600-3813.***

continued on page 26

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Now the timeless radiance of a fresh wreath has been captured on a delicate silk canvas by the Plate Artist of the Year and re-created here on a fine porcelain collector's plate. The first issue in the *Floral Greetings from Lena Liu* plate collection, "Circle of Love" is a vision of dreamy elegance surrounded by the splendor of 22-karat gold. Can you picture the beauty this colorful wreath would bring to your home?

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Artist of the Year

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walk *on the* *wild* side

Moose, bears, antelope, and other roaming creatures add a natural thrill to a Yellowstone visit.

A boardwalk trail takes you past Castle Geyser in Yellowstone's Upper Geyser Basin, home of Old Faithful.



YELLOWSTONE PARK

Noah's Ark of the old West

Drive along the north shore of Yellowstone Lake early on a summer morning, and you may see a buffalo chewing its cud, an elk with two calves browsing the woods by the road, a pair of moose grazing lakeside meadows, and a grizzly ambling across the highway.

Of course, there's no guarantee that you'll witness such a diversity of creatures in just a few minutes in Yellowstone National Park, but all these species, except for the grizzly, are common sights in this greatest of all refuges of Western wildlife.

Yellowstone's 2.2-million-acre domain, which spreads over the northwestern corner of Wyoming and bulges into Montana and Idaho, shelters an estimated 3,000 bison, 30,000 elk, 2,900 mule deer, 430 moose, 250 grizzlies, and more than 500 black bears, plus eagles, trumpeter swans, pelicans, and dozens of bighorn sheep.

All this and geysers too. You can cover the heart of Yellowstone on a figure-eight drive of 142 miles from any of the park's accommodations—the west side harbors the most geysers, including Old Faithful. Since wildlife tends to be most active early and late in the day, base yourself at lodgings convenient to the habitats of animals you want to observe. You can always see the geysers and other inanimate wonders when the sun is high. The best lodging bases for wildlife watching are Canyon Village, Lake Lodge, Roosevelt Lodge, and Mammoth Hot Springs Hotel.

Right after sunup, large herds of bison often wander across the road in Hayden Valley between Canyon and Lake. Other prime vantage points for bison are Lamar Valley, between Tower Junction and the Northeast Entrance, and the geyser basin around Old Faithful. Moose thrive in the shallows of Lake Yellowstone (near Lake Lodge), in Lamar Valley, and along Mammoth Hot Springs road. Antelope are plentiful between Mammoth and the North Entrance.

Trumpeter swans nest in Hayden and Madison valleys, pelicans in Hayden Valley, and bald eagles on Lake Yellowstone's shores and islands. Elk abound in forested areas.

Risen from the ashes. When fires raged through the park in 1988, many people feared that ecological balances would be grievously disturbed. But life won out. Once the ground cooled, creatures returned and prospered. An unexpected benefit was that the fires made wildlife watching easier. In most areas, the rapidly moving flames cindered only underbrush and low branches, leaving the forest's canopy intact. Now you can look deep into woods that once presented a solid green wall.

Practicalities. Yellowstone's roads open to cars between mid-April and mid-May and are plowed (if possible) through October. Park lodging starts to open in early May and closes on staggered dates between late-August and mid-October. Reserve well in advance. Rooms and cabins with bath: $32 to $105; kids under 12 free; over 12, $7. Only the elegant Lake Yellowstone Hotel runs higher.

Although early in the season you have to stay in motels outside the park, a visit can be enjoyable. The park is nearly deserted, wildflowers bloom at lower elevations and in geyser basins, and it's calving time for wildlife.

Visitor Services, Box 168, Dept. BHG, Yellowstone National Park, WY 82190; 307/344-7381. Park lodgings: ***Reservations, TW Recreational Services, Yellowstone National Park, WY 82190; 307/344-7311.***

continued on page 34

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walk *on the* *wild* side

GUIDED NATURE EXPEDITIONS

For a special eco-adventure, consider joining one of the many nature expeditions and field seminars sponsored by environmental groups. In most cases, you must be in reasonably good physical condition and willing to forego some civilized amenities. Kids in the lower grades are welcome on some trips, but often a minimum age requirement of around 15 prevails.

The Sierra Club runs the greatest variety of nature trips—360 of them worldwide, many for families with kids. They include backpacking, bicycling, and mountain-bike tours; raft and canoe floats; and "service" outings where you volunteer to work on backcountry maintenance, such as meadow repair. Most groups contain an average of 15–20 participants.

Weeklong and 10-day domestic outings cost $200–$600 per person; in Hawaii, $500–$1,400; Alaska, $400–$4,500; foreign trips, $1,300–$5,000. Sierra Club membership is required: $35 a year for an individual, $43 for a couple; students, $15; members' children under 12, free. ***Sierra Club Outings, Dept. BHG, 730 Polk St., San Francisco, CA 94109; 415/923-5630.***

The National Wildlife Federation holds family-oriented nature-study seminars, called Conservation Summits, in various parts of the country every summer. Recent sites have ranged from California's Monterey Peninsula to Bretton Woods in New Hampshire's White Mountains. About three dozen subjects, such as wildlife observation, plant identification, and living green, are offered at each Conservation Summit. You select those that interest you most. Kids have their own age-oriented programs.

A family of four can expect to pay $700–$1,200 for food and lodging, plus fees of $280 per adult, $200 for ages 5–17, and $100 for ages 3 and 4. ***NWF Conservation Summits, 1400 16th St., NW, Dept. BHG, Washington, DC 22036-2266; 800/245-5484.***

Oceanic Society Expeditions (see Whale Watching section beginning on *page 21*) arranges an array of mainly marine-oriented tours and research projects in the Americas, Hawaii, and the Caribbean. Tours, such as to the Galápagos Islands, are normally limited to 24 or 30 participants. On research projects, such as whale and dolphin studies, the groups are much smaller, and you are expected to help on jobs that don't call for special skills. Durations of trips range from seven to 10 days. Costs average $1,500 per person. ***Fort Mason Center,***



Bldg. E, Dept. BHG, San Francisco, CA 94123; 800/326-7491 or 415/441-1106.

Smithsonian Research Expeditions schedules more than 30 outings each year in which you can take an active part. Your assignment may involve digging up dinosaur bones in Wyoming or helping to study bird life in the Yucatán. Expeditions run one to two weeks and cost $900–$2,000 including food and lodging; transportation costs extra. Minimum age: 18. ***Smithsonian Associates, 490 L'Enfant Plaza, SW, Room 4210, Dept. BHG, Smithsonian Institution, Washington, DC 20560; 202/287-3210.***

Earthwatch is another prestigious nonprofit organization that gives you the chance to join research expeditions as a working volunteer. Choose from about 160 field studies that range from manatee preservation in Florida to studying mountain lions in Idaho. Most projects last two weeks and have about six volunteers. $600–$2,400, plus transportation. Minimum age is 16. ***Earthwatch, P.O. Box 403BH, Watertown, MA 02172; 800/776-0188 or 617/926-8200.***

The National Audubon Society holds six-day ecology workshops in Connecticut (forest ecology), Maine (marine ecology and ornithology), and Wyoming (high-mountain ecology) every summer, plus a variety of nature tours in this country and abroad. Workshops cost $495–$750, including lodging and meals; tours, $1,000–$2,400. You don't need to be an Audubon member. Minimum age is 18. ***Audubon, 700 B'way, Dept. BHG, New York, NY 10003; 212/979-3000.***

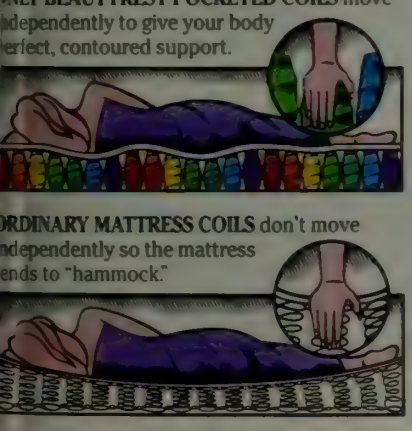


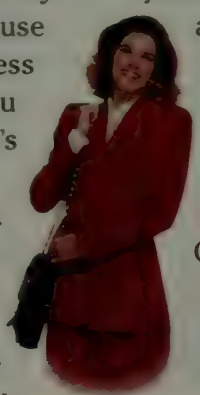
An Earthwatch project in Sarasota, Florida, monitors a bottlenose dolphin.

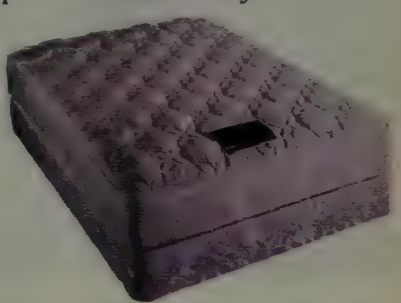
Wilderness Inquiry specializes in active nature outings for all ages and abilities, including family canoe expeditions in the Everglades, Yellowstone, and Minnesota's Voyageurs National Park. Most run five days and cost $400–$500. ***Wilderness Inquiry, Box 84, Dept. BHG, Minneapolis, MN 55414-1546; 800/728-0719.***

continued on page 38

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walk *on the* *wild* side

continued from page 35

National Park Field Seminars are the least expensive guided wilderness adventures. Sponsored by nonprofit organizations affiliated with individual national parks, they offer one-day to weeklong seminars on the park's environment, from wildlife to plants. Some seminars are designed for children. Fees range from about $40 for one day to $280 for a week. Meals and lodgings are not included, but campsites are often set aside for participants. Contact the headquarters of national parks that interest you and ask for the addresses or phone numbers of their cooperating associations. These have extensive programs:

Olympic Park Institute, 206/928-3720.

Redwood National Park Field Seminar Program, 707/464-6101.

Point Reyes Field Seminars, 415/663-1200.

Yosemite Assoc., 209/379-2321.

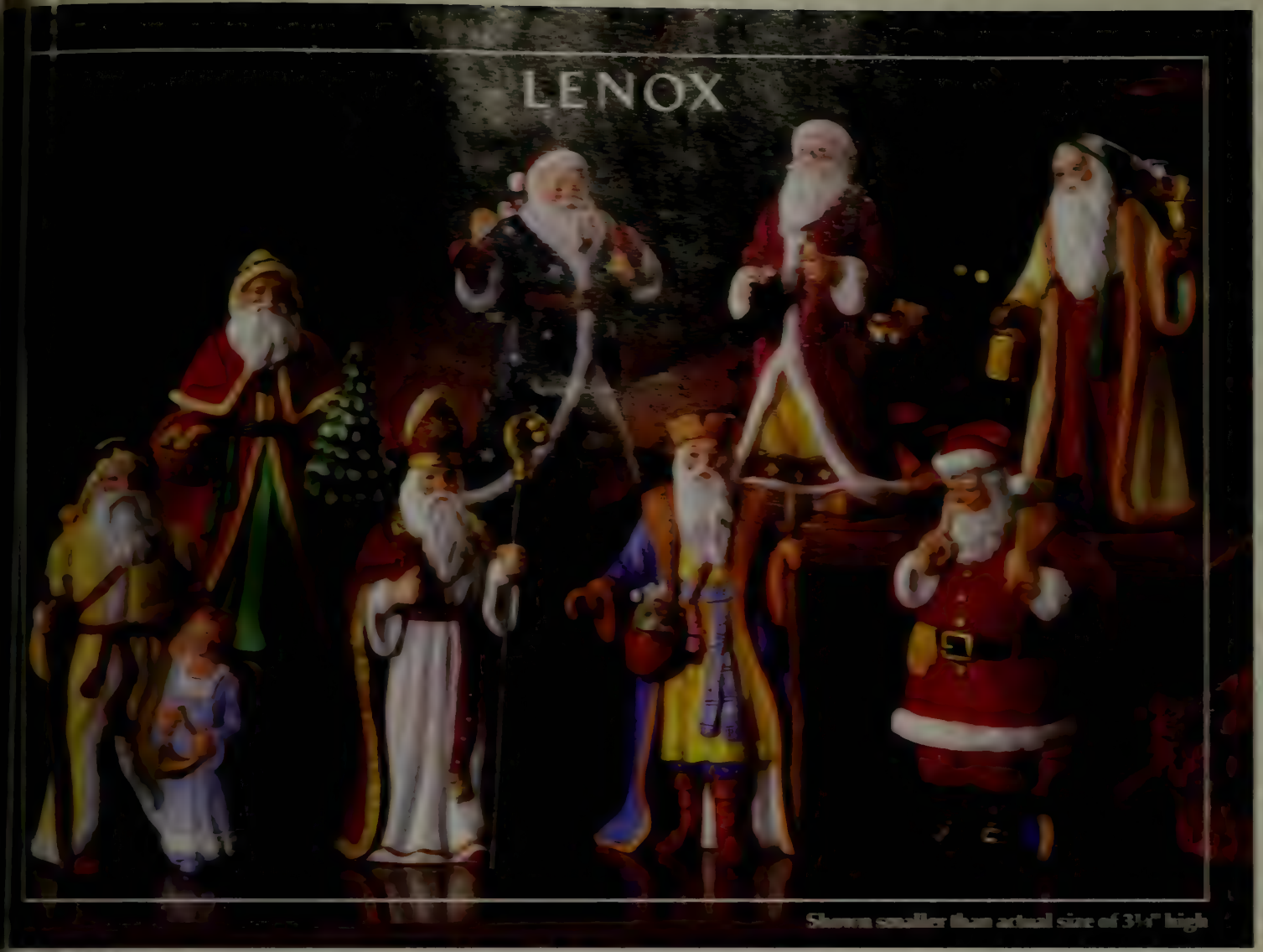
Glacier Institute, 406/756-3911.

Canyonlands Field Institute, 800/860-5262.

Rocky Mountain Nature Assoc., 303/586-1258.

Big Bend Natural History Assoc., 915/477-2236.

The Watchable Wildlife Series of guidebooks, with detailed information and maps pinpointing good viewing locations, are available for several states and Canadian provinces. *Wildlife Viewing Guides* cover Alberta, Arizona, British Columbia, California, Colorado, Florida, Idaho, Indiana, Montana, Nevada, New Mexico, North Carolina, North Dakota, Oregon, Tennessee, Texas, Utah, and Washington. $5.95 to $8.95, plus $2.95 shipping. ***Falcon Press, Dept. BHG, Box 1718, Helena, MT 59624; 800/582-2665.***



FESTIVE SANTAS FROM AROUND THE WORLD

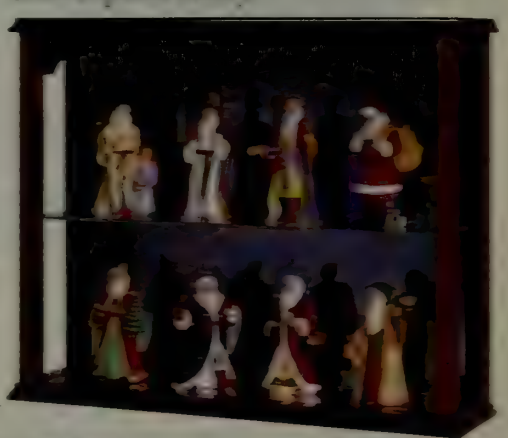
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So forget the neckti
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READER SHOPPING

Special Gardens for Children





Hey kids! Hey parents! Turn to "BH&G Kids" beginning on *page 190* for a great gardening idea. These seed package collections, chosen especially for the readers of *Better Homes and Gardens*® magazine and marketed by special arrangement with Shepherd's Garden Seeds, will get you started.

The Special Garden for Children ($15.95) includes packets for six flowers and vegetables and comes with an illustrated brochure (written especially for kids). You'll receive: Spooky Jack-O'-Lantern Pumpkins, Sweet Slice Cucumbers, Mixed Crispy Lettuce, Blue Lake Beans, Purple Plum Radishes, Sensation Cosmos, Tangerine Gem Marigolds, and Mammoth Sunflowers.

The Pumpkin Patch Collection ($11.95) includes five different seed varieties for a marvelous garden of pumpkins in all shapes and sizes. Sow the seeds now, and your spectacular Halloween harvest this fall will include: Munchkin (jack-o'-lantern miniature pumpkins), Little Boo (white ghost miniature pumpkins), Baby Bear (pint-size baby pumpkins), Lumina (satiny cream-colored medium pumpkins), and Rouge D'Etampes (flame-colored heirloom Cinderella pumpkins).

TO ORDER

Make a list specifying the seed collection(s) you wish to order and calculate the total price from the amount(s) specified *lower left*. Then send your list along with a check or money order for the full amount to *Better Homes and Gardens* Reader Shopping Service, Box 9128, Department 9406, Des Moines, IA 50306-9128. All prices include shipping and handling charges plus sales tax, if applicable.

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Clorox® Bleach is all it takes to wipe out the smells of everyday life.



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Here's how to keep your disposal smelling fresh. Just fill your sink with the Cleaning Solution. Drain and let the water run for a minute to really rinse your pipes.*

Let's face it, this pail collects odors along with those diapers. But wiping out the smell is as simple as filling your five gallon diaper pail half full of water. Then, just add 2 cups Regular Clorox Bleach. Let it stand for 2 minutes before you rinse and dry.



To keep garbage odors away, deodorize your trash can every week. A quick wash with the Clorox Cleaning Solution does the trick. Just rinse and air dry.*



*Between spilled milk, old veggies and forgotten leftovers, it's hard to find a place in your refrigerator that doesn't trap odors. Remove smells by washing shelves and drawers with Clorox Cleaning Solution.**

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- Mix one gallon of water with ¾ cup Regular Clorox Bleach.
- Always rinse items before washing and then let solution stand for 2 to 5 minutes. Rinse again with water and air dry.

The Simple Solution For A Healthy Home.



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Dolled up in frilly lace ruffles and pretty hairbow, this baby girl wears a smile that says it all: she sweet and precious and *"cute as a button."*

"Cute as a Button" is the first issue in the *Barely Yours* collection of **all-porcelain** baby dolls b Titus Tomescu — and the *first* **all-porcelain** doll ever from the Ashton-Drake Galleries. She's as lif like as a real baby, from her sparkling eyes and dimpled smile to her plump tummy and ten tir toenails. She's delicately hand-painted for the warm blush of a happy, healthy baby. And she wea cotton-blend baby clothes lavished with eyelet trim and precious pastel-pink buttons, as well as a embroidered appliqué that reminds you she's "Cute as a Button."

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Actual size is approximately 11 inches high, seated. Complete with costuming shown.

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 by Barbara Hall Palar

Teacher of the Year



SANDRA McBRAYER IS NOT A TYPICAL TEACHER. BUT SHE'S MAKING A DIFFERENCE.

"I never meant to be a teacher. It wasn't planned," says Sandra McBrayer. But all roads led to her position as founder and head teacher of the Homeless Outreach School in San Diego. And to her selection as 1994 National Teacher of the Year, an award sponsored by the Council of Chief State School Officers and Encyclopaedia Britannica, Inc. As Teacher of the Year, McBrayer will spend a year traveling the country as an advocate for teachers—and for kids.

While McBrayer was being interviewed for this article, her job didn't stop just because she was on the phone. During the conversation, she paused to coach a student who was heading for a court appearance to try to regain custody of her baby who had been placed in temporary foster care.

"I don't want anyone to be in school and think nobody cares about them." McBrayer cares. But her commitment reaches beyond what is expected of most teachers.

The students at Homeless Outreach School, operated by San Diego County, are unattended youth—kids ages 12 to 19 who have been abandoned by their parents. "These are kids who are on their own, kids who are their own parents," McBrayer says. "These kids die. They're diseased—they come here with bronchitis, hepatitis, and TB, but they can't get medication because there is no legal guardian. They're beaten by pimps."

How does McBrayer deal with her students' tragic lives on top of trying to teach them a basic high school curriculum? "I listen, and then I take action." It was upon her action that the school was founded six years ago, and continues to grow to meet the overwhelming needs of homeless teens. Besides classes in math, English, and social studies, the school teaches child care, basic hygiene, birth control, living skills (such as how to do laundry and fill out income tax forms), and values, an especially challenging topic for this group of kids.

"The world they come from is prostitution, drug dealing, and stealing. How can you tell someone that stealing is wrong when that's how they get their food, their shoes, their coat?" McBrayer says. These kids also need basic necessities. So, upon McBrayer's initiative, the school provides breakfast and lunch, day care for students who have children, showers, and laundry facilities.

With a total enrollment of about 90 students, 60 or 70 show up each day. The staff includes three teachers, four assistants, an outreach worker, and a counselor.

McBrayer donates all of the fees she receives from speaking engagements to a college fund for the kids. About 25 currently are enrolled in college, but many of them are struggling. "We can get them ready academically, but they can't handle the social scene," she says. "You need to be able to communicate effectively in a college classroom. They don't learn that on the street. They are hostile." McBrayer also tries to make sure students have adequate living arrangements as they go on to college. She talks to professors who have empty bedrooms and asks if her students can stay there for a short time. She also helps kids with rent money, especially with the expensive down payments required to move into an apartment.

Even with the relative successes, there is plenty of frustration. "Unfortunately, I see kids die," she says. Some of them disappear and she can only imagine what happens to them. "What keeps me going is the only thing that is worse than when a kid dies—when I feel I haven't reached out, and they're out on the street, struggling to survive, living a hell worse than death. That's the hardest part of my job, really, but I try again the next day."

There are loud shouts in the background. McBrayer has to hang up the phone—quickly. It's another life-and-death day at the Homeless Outreach School.

continued on page 50





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Teacher of the Year

continued from page 48

These exceptional teachers were finalists in the National Teacher of the Year competition.



OWEN RILEY JR.

DODIE BURNS MAGILL
Pelham Road Elementary School
Greenville, South Carolina

Pelham Road Elementary is more than a school, it's a community. Many schools make that claim, but upon the enterprise of kindergarten teacher Dodie Burns Magill, Pelham Road is pulling it off.

When the school was getting ready to repaint its interior, Magill asked, "What if we didn't just paint the walls? What if we paint it to look like a community?" They hired an artist, got parents involved, and did just that. Enter the school and you'll walk down the hall on Main Street past City Hall (the office), the Art Gallery (art classroom), and Dr. Feelgood's office (the nurse's station). Street signs identify teachers' rooms. The library is Town Square and the lunchroom is the City Park. Then they put the decor to work.

At the Post Office, first, second, and third graders take a civil service exam to qualify for jobs as carriers, sorters, and postmaster. Everyone in the school can send letters through the post office, but if a letter contains errors, it is marked "Return to Sender" for correction.

In Magill's kindergarten class, the kids can earn "money" by doing extra tasks in math. The last Friday of the month is payday. After receiving their pay, the children can spend it at the math store, which teems with garage-sale-type items donated from home.

"The children take pride in their community," Magill says. "It helps teach them respect and responsibility."



SAMUEL HOFFMAN

FRANCIS MUSTAPHA
South Side High School
Fort Wayne, Indiana

Francis Mustapha grew up in a small village in West Africa. His father had many wives, and his mother bore nine children, only two of whom survived childhood. Along with several other of his father's children, Mustapha was sent to school in the next village. When it was necessary to build a new school building, Mustapha and his schoolmates carried sand and water to use in making bricks. High school took Mustapha to another village, and he lived in a boarding home while attending. It was here that he met an American missionary biology teacher. "Teachers carried with them the power of knowledge they possessed and were regarded highly in the community. They were windows to a wide world beyond my reach. To learn from them held the promise of being able to become like one of them—to know so much! I can still remember the awe I felt toward some of them, and I said, 'I want to be like that!' "

After graduating, Mustapha taught high school math for a year in West Africa, where he befriended another American missionary who bought him a plane ticket to the United States so he could continue his education. He taught two-and-a-half years in Fort Wayne, Indiana, then returned to Africa to teach. He came back to the U.S. in 1983, and has been teaching biology at South Side High School in Fort Wayne ever since. There, Mustapha has developed a reputation as being one of the toughest—but one of the best.

"I expect two things of my students. They need to be responsible and they need to be able to think. I worry very little about the subject matter," Mustapha says.

"When they leave my class they may not remember all the facts, but the thinking and the discipline they take with them will help them to be successful in life."



LAURIE DICKSON

MARJORIE WEST
Glennon Heights Elementary
Lakewood, Colorado

"We don't use the word *can't* in my classroom," says Marjorie West, a first grade teacher at Glennon Heights Elementary in the Denver suburb of Lakewood, Colorado. Legally blind from a progressive disease of the retina, West is a testimony to this conviction. With the help of a full-time aide and a guide dog, she teaches eager students how to read and how to learn. Her teaching philosophy is borrowed from Kahlil Gibran, who said:

"Lead the children to the threshold of their own minds."

"I give them the skills to learn how to learn," she says.

West has taught several different grade levels, but has settled in with first graders. "I like to teach them how to read. It fills a need for me."

West, who can see a tiny pinpoint area, "like looking through a straw with one eye, since I have no depth perception," conducts lessons and grades papers. Her aide handles the logistics, remedial work, and a lot of the individual testing. "She is my eyes on the playground and on field trips," West says. Her guide dog stays on a blanket during the day, and the kids are allowed to pet the dog after lunch.

"I certainly hope that the recognition I'm receiving is because I'm *representing* the best—I don't consider myself the best," she says. But her kids do.

"These first graders believe I'm the teacher of the year—every year." ⌂

IAKE SOMETHING EARTH-SHAKING WITH NEW GRAPE JELL-O®.



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2½ cups boiling water. (Do not add cold water.)

2 packages (8-serving size) or 4 packages (4-serving size) JELL-O® Brand Grape Flavor Gelatin.

STIR boiling water into gelatin in large bowl. Dissolve completely. Pour mixture slowly into 13 x 9-inch pan.

REFRIGERATE at least 3 hours or until firm. Dip bottom of pan in warm water for 15 seconds to loosen gelatin.

CUT shapes with cookie cutters all the way through gelatin. Lift from pan with fingers or metal spatula.

Makes 24 pieces or 4 to 6 servings.



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Is Your Child Overemotional?



"My daughter is hypersensitive," said the mother of a five-year-old. "She cries at the drop of a hat, especially when I reprimand her for something, and she's afraid to try anything new."

"So, what do you think has caused her to be so timid and emotional?" I asked.

"I'm afraid I've done something to damage her self-esteem," she replied. "You know, made her feel as if she's not a good person. Maybe I don't give her enough attention."

That was the answer I expected. Over the past 20 years, self-esteem, or the supposed lack of it, has come to be the standard explanation for any problems children have. The fact is, whether or not a child has sufficient self-esteem has less to do with growing up than many parents might believe.

Recent research indicates that hyperemotional kids—those who are timid and clingy and cry a lot over little things—are "wired" that way from day one. The central issue here is brain chemistry, not upbringing, although upbringing can certainly have an effect.

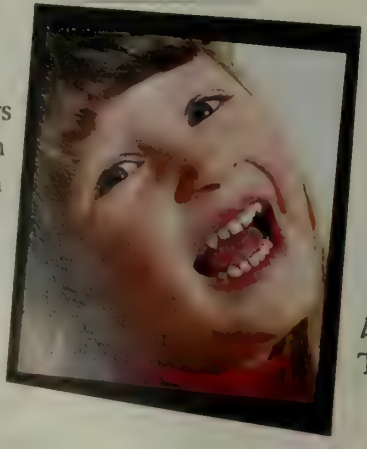
Any parent of more than one child knows that every child is different from birth. Some infants sleep soundly, some lightly. Some cry a lot, some very little. These differences tend to persist as the child ages. In fact, researchers are now able to predict which infants will be shy at age five and which will be socially bold. The shy ones are also likely to be the ones who cry "at the drop of a hat"; those whose feelings are easily hurt.

Some other findings: More girls than boys exhibit "hypersensitivity syndrome" (my own term). To some degree, it appears to run in families. Most children outgrow it by their middle teen years, but some people continue to be relatively timid and shy all of their lives. The best medicine appears to be supportive parents who are assertive and adventurous. Probably the worst thing parents can do is push these children.

INSTEAD OF TRYING TO CHANGE THESE



CHILDREN, PARENTS NEED TO ACCEPT THEM FOR WHO THEY ARE.



I reassured the five-year-old girl's mother that she hadn't done anything to damage her daughter's self-esteem, and explained that a child's brain chemistry can't very well be chosen (not yet, anyway).

"It's luck of the draw," I said, "and believe me, some parents would trade their devil-may-care kids for your daughter any day."

"That makes me feel a whole lot better," she said, "but I still don't know what to do when she begins crying over something silly or insignificant."

"The best thing you can do is remain calm and composed. When she gets upset about something, your daughter needs to see that you are not upset about the situation or about her."

Instead of trying to change these children, parents need to accept them for who they are. Encourage them to try new things, but don't push. If you know that a new situation may be upsetting, prepare the child for it. Sometimes advance playacting can help children deal with meeting new people or going new places. Be careful, however, not to give potential problems a big buildup, as that may only increase the child's anxiety.

Never let a child's emotional reactions control the family. If your timid child doesn't want to go on a family outing, take charge. Tell him that you understand his feelings, but he's a member of the family, and what the family does, he does.

In the final analysis, your composure, the example you set, and the fact that you keep a firm hold on the reins of authority will make the difference.

Family psychologist John Rosemond's latest book is Making the "Terrible" Twos Terrific! *(Andrews/McMeel).*

ANDY LYONS





For the first time, everyday paperware at an everyday price, designed especially for kids!

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The colors are far from shy. The patterns are spectacular.

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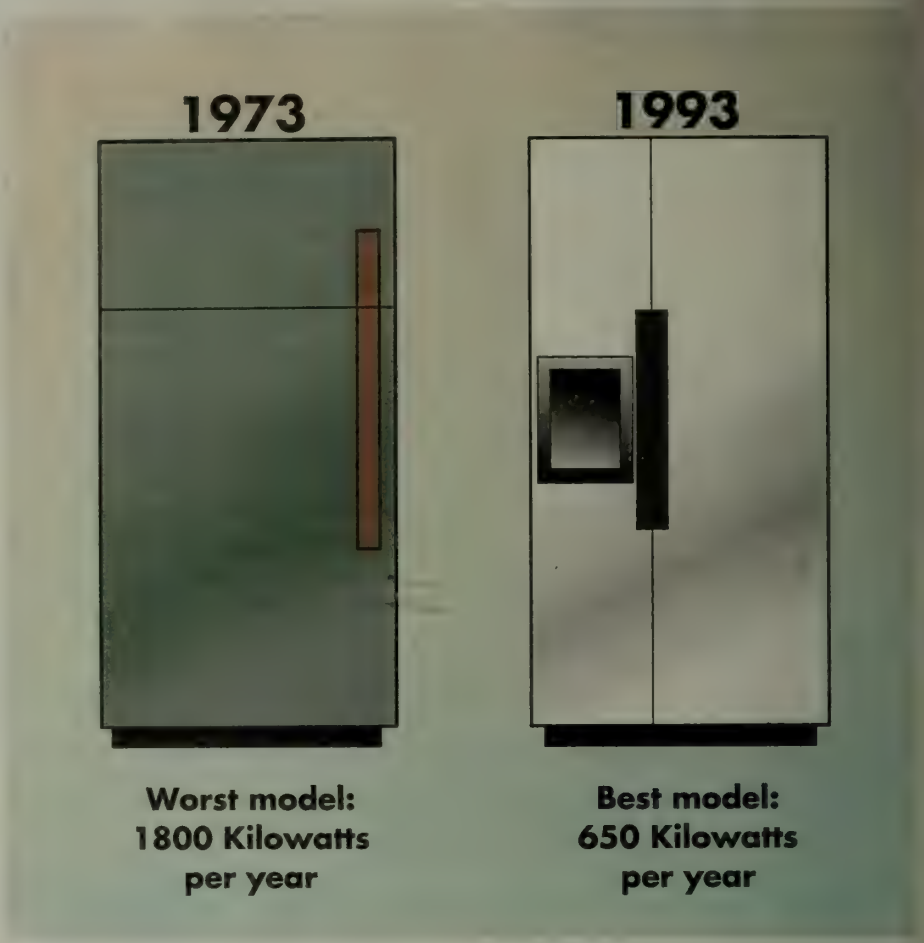
Geometrics



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Good News for Your Home



In the past 20 years Americans have learned a lot about making their homes and planet healthier. Initially prodded into action by the 1973 oil crisis, we have reduced our appetite for energy. This is great news for the environment.

Advancing technology has produced a whole range of improved products that save energy in your home. If you take advantage of them, your family can live better, cleaner, and cheaper. To save money and improve the environment, consider these products:

Appliances. Because they run 24 hours a day, refrigerators use as much as 20 percent of household electricity. Also, manufacturers have long relied on ozone-depleting chlorofluorocarbons (CFCs) for both coolants and the making of insulation for refrigerator doors and walls. But help is on the way.

In April, Whirlpool Corp. began selling its prize-winning, CFC-free, energy-efficient refrigerator. It uses as much as 50 percent less electricity than similar units and will operate for about the same cost as a continuously burning 75-watt lightbulb. Distribution is currently limited, so call 800/253-1301 for dealer information.

Another appliance with a major environmental impact is the washing machine. Consider purchasing a top-loader model, which requires about a third less water than the average front loader. If you wash eight times a week, it will save up to 500 gallons of water a month.

Windows. If your home had simple double-pane windows 20 years ago, you were among the vanguard of the environmentally conscious. But today, even untreated triple panes aren't the best. Look for low-emissivity windows with a special coating that blocks heat from escaping. Or, try new super windows, which use thin HeatMirror films as heat barriers. They are three times more effective than triple-pane glass alone.

Toilets. About half of the potable water washing down household drains annually in this country passes through our toilets. These thirsty fixtures average about 5 gallons per flush. Do our streams and rivers a favor by switching to 1.6-gallon-per-flush models, which are becoming the mandated standard for new housing.

Lights. Cutting back on electricity means fewer power plants with their attending environmental costs. So the switch to longer-lasting, energy-saving compact fluorescent bulbs reaps instant benefits.

Fluorescents require much less electricity to operate than the typical incandescent bulbs we have burned for decades. For instance, a 75-watt incandescent can be replaced by an 18-watt compact fluorescent. Not only will fluorescents save energy, they last 7 times longer.

Heating. A good furnace in 1973 was 60 percent efficient, which meant 40 percent of its heat production was lost through leaks and poor venting. Today, many furnaces achieve 90 percent efficiency or better. Other recent advances include improved heat-recovery-ventilation systems to keep heat in the house, better insulation techniques and materials, and refined passive solar designs. The next step? Geothermal systems are being installed around the nation to pump warm air out of the ground and into our homes at less than half the cost of heat from a standard furnace.



Going To Extremes To Escape The Misery Of Fleas, Ticks, And Mosquitoes?

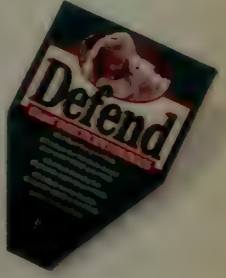
Dogs hate fleas, ticks, and mosquitoes. But they hate some of the insecticide treatments almost as much.



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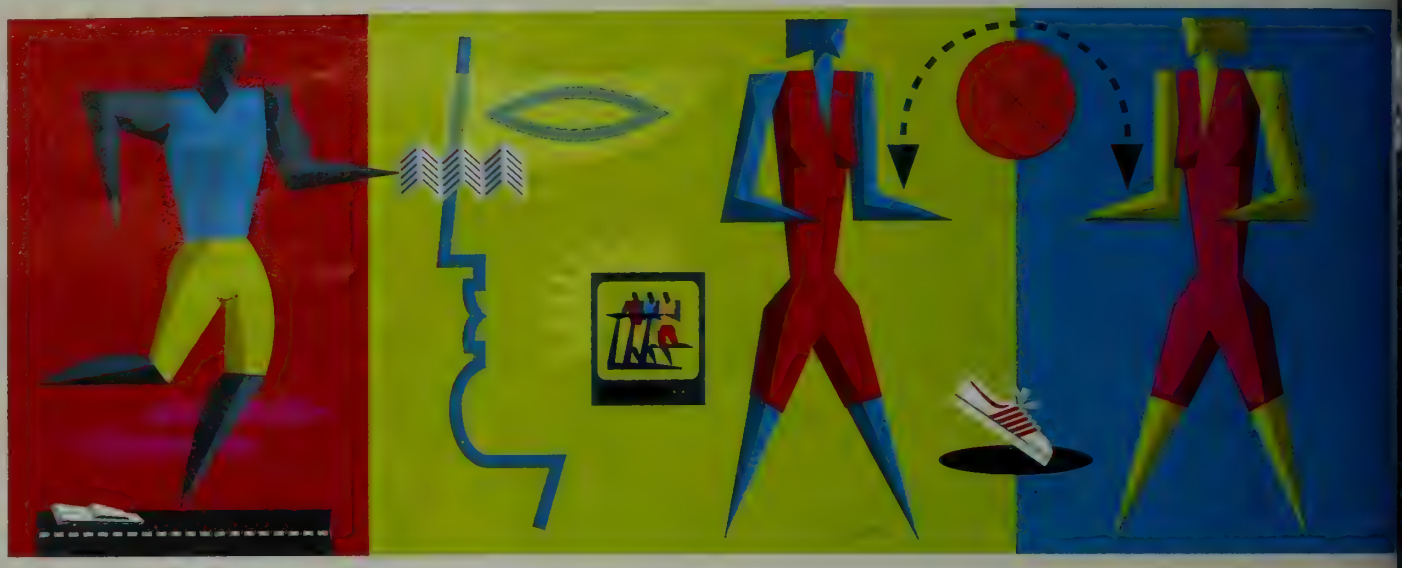
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fitness matters

GOOD NEWS ABOUT SHAPING UP



Exercising Caution

Think first, run second

Becoming a crime statistic is usually the last thing on your mind when you go out for a relaxing run, walk, bike ride, or tennis match. For your own good, however, the American Running and Fitness Association (ARFA) advises you to think crime prevention.

"Sometimes exercisers start feeling invincible and fail to take precautionary measures," says ARFA Executive Director, Susan Kalish. "The basics of self-protection are so simple, but exercisers tend to ignore them."

Before your next workout, give some serious thought to these safety tips:

1. Ask friends to exercise with you. At the very least, let a friend know where you are going.
2. Vary your exercise pattern, so nobody can count on you being at a certain place at a certain time.
3. Drive an unfamiliar exercise route before doing it. Note telephones and open businesses. Avoid routes with alleys and isolated areas.
4. Avoid doorways, where attackers could wait.
5. Avoid trails surrounded by heavy brush or dense trees, especially when a trail is not near a road.
6. Exercise when your route is heavily populated.
7. Carry ID, an emergency phone number, coins for a phone call, and a police whistle or noisemaker.
8. Don't wear headphones. Listen for people coming up behind you.

For the free brochure, "Exercise Caution: Simple Tips for a Safe Workout," send a business-size SASE (52 cents) to ARFA, 4405 East West Highway, Suite 405, Bethesda, MD 20814.

Remember Medicine Ball?

It's making a comeback

You may recall tossing a medicine ball in physical education classes of your youth. They were those heavy things—up to 35 pounds—made of leather, rubber, or polyurethane. Today's medicine ball proponents aren't into nostalgia; they're into fitness.

Using a medicine ball is a change-of-pace way to build

continued on page 61



Your mom always told you orange juice was good for you.

Now medical science is finally figuring out why.

"Drink your orange juice," you've been told. But while most people know orange juice is good, even medical science couldn't say why—until now.

Over 500 studies—well over 100 on vitamin C alone—point to one general conclusion: The vitamins and nutrients in orange juice can play an important role in maintaining good health.

In fact, leading researchers have found diets rich in fruits and vegetables, which are generally low in fat and high in vitamin C, vitamin A, and dietary fiber, are associated with a reduced risk of several types of cancer.

And an eight-ounce glass of orange juice more than satisfies the government's recommended daily allowance of vitamin C.

Other studies indicate the potassium and folate in orange juice have important health benefits as well. Potassium is needed for normal muscle function. And folate helps produce new red blood cells, and may reduce the risk of some birth defects. So it's very important for pregnant women.

And orange juice is sodium-free, fat-free, and cholesterol-free.

So now when you drink orange juice, you'll know you're doing something good—and you'll know why.



Florida Orange Juice.
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NOW EVERY ONE OF YOUR SHOES CAN FIT LIKE A GLOVE.



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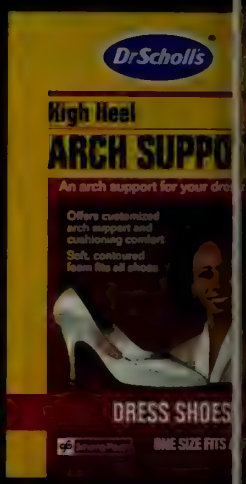
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No one has to remind you how hard it is to find a shoe that gives you a perfect fit from heel to toe, especially from nine to five. But now Dr. Scholl's gives you the tools to make your high heels feel as great as they look: Women's High Heel Accessories. With high-tech materials and design, they let you customize your shoes to the unique contours of your foot—*all* of your foot—and finally make your high heels feel like they were made for you. So buy Dr. Scholl's Women's High Heel Accessories. For the fit that feels just right.

Heel Liners improve the fit of all your shoes and keep your hose from snagging.



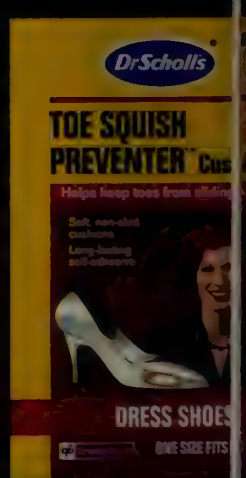
High Heel Arch Supports offer contoured and cushioned arch support to ease foot fatigue.



Maximum Comfort Heel Cushions protect your heels from painful impact while elevating them to eliminate irritating friction.



Toe Squish Preventer Cushions are "speed bumps" for your feet, preventing them from sliding forward and cramping your toes.



The average elephant weighs 12,000 pounds. The average woman puts 250 times that much weight on her feet every day. That's why Dr. Scholl's created these revolutionary insoles.

Dr Scholl's

Make life in your shoes more comfortable.

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fitness matters

continued from page 58

strength and power in the lower back, abdomen, hips, arms, and hands. The balls are great for increasing hand and arm speed and are especially beneficial for athletes in sports requiring swings, passes, strokes, throws, and any pushing or pulling motions.

Medicine balls can build sport-specific strength, says Donald A. Chu, R.P.T., Ph.D., of the Ather Sports Injury Clinic in Castro Valley, California. Take tennis, for example. Holding a ball with both hands and going through forehands, backhands, and serves "works the hands and arms but it also works the muscles that cause trunk rotation; you get a better whole body swing."

Confused About Shoes?

Send for help

Choosing fitness shoes may give you fits. How do you pick from the hundreds of brands and styles available?

Start by reading *How to Select Sports Shoes*, a brochure by the American Orthopaedic Foot and Ankle Society (AOFAS). The brochure explains the materials and features of modern shoes and gives tips on fitting, custom-designed inserts, and what to do when foot problems develop.



Wearing proper shoes for your activity helps improve performance and lessens your chance of overuse injuries, says G. James Sammarco, M.D., of the AOFAS.

For a free copy of the brochure, send a business-size SASE to Sports Shoes, AOFAS, 701 16th Ave., Seattle, WA 98122. Or, call 800/235-4855.



Eye Protection

Not all goggles are good

High marks if you are among the growing number of exercisers wearing eye protection. But if your eye guards are poorly designed or made of the wrong material, you may be playing with a false sense of protection.

Blows and pokes from balls, sticks, pucks, elbows, and fingers can cause corneal abrasions, detached retinas, and other injuries that might permanently impair vision. These eye injuries, which can occur at any age and in many sports, happen most often in baseball, softball, soccer, basketball, and racket sports.

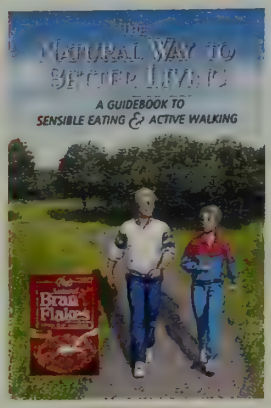
Buying eye guards is not a problem, but many sporting goods stores carry "junk," says Paul F. Vinger, M.D., at Tufts University Medical School. He says lensless eye guards do not provide enough protection. And eye guards with lenses may not be adequate if the lenses are made of the wrong plastic—polycarbonate is the only material strong enough, Vinger says.

Vinger advises buying eye guards from a knowledgeable professional. Lenses should be 3 millimeters thick in the center, and frames should meet standard F803 of the American Society of Testing and Materials, to ensure

continued on page 62

Post

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Offer expires December 31, 1995. This completed form must accompany your order. Limit one per household. Please make check or money order payable to General Foods USA. **Allow 4 to 6 weeks for delivery.** Facsimiles or mechanical reproductions of mail-in form or UPC codes are not accepted. Offer void where prohibited, taxed or otherwise restricted. Offer is good only in USA, Puerto Rico and U.S. Government installations.

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fitness matters

continued from page 61

frames are strong enough to hold the lenses on impact.

Some athletes don't like to wear eye guards because they may affect peripheral vision and sometimes fog. Cost is usually $25 to $70.

Tube Time

TV series for fitness equipment users

Turn off the monotony of indoor exercise by turning on a new television series.

The Travel Channel (check your cable listings) airs episodes of Destination Fitness, a program offering scenic workouts for viewers who exercise with stationary bicycling, skiing, stair-climbing, and treadmill machines.

Each episode features a 20-minute workout that takes you to such wonderlands as Yellowstone, Hawaii, the Oregon Coast, the Grand Canyon, Colorado, British Columbia, Switzerland, and Austria.

Workouts include synchronized pacing music, exercise companions, and graphics that help you monitor workouts and check your pulse.

If you do not have cable or this channel, you can purchase videotape versions ($24.95) of the TV workouts by calling CVT Productions, Inc., at 800/624-4952.

Preventing Youthful Injuries

Even young muscles need stretching and strengthening

A few years ago Angela D. Smith M.D., did a telling study on injuries in youth sports. Up-and-coming skaters and ice dancers had many overuse injuries, particularly in the knee. Smith started the skaters on stretching and strengthening exercises, and in four years the incidence of injuries dropped by 50 percent.

Gumby-like girls and boys seem flexible, but hormones cause growth spurts that make for muscle tightness and maybe injury, says Smith an orthopedic surgeon at University Hospitals of Cleveland.

Strength training won't build bulk, but it will help protect developing muscles that are suddenly pushed to the limit as children jump full force into organized sports.

"A good rule of thumb is for your child to begin strengthening workouts if he or she is involved in sport more than two days a week or more than three or four months straight," says Smith.

For more information, write for free copy of "Children and Athletics." Send a business-size SASE to American College of Sports Medicine, P.O. Box 1440 Indianapolis, IN 46206-1440.

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Provides 13 vitamins and minerals.

Test Your Cholesterol I.Q.

by Kristi Fuller, R.D.



Eating a healthful diet can reduce your risk of heart disease. To see if you make wise choices, answer true or false to the following statements.

• *Cholesterol is found only in animal foods.*

True. Dietary cholesterol is found only in foods of animal origin, not in plants. In people with an inherited tendency for high blood cholesterol (more than 200 mg/dL), the level may increase when foods high in saturated fat and cholesterol are regularly eaten.

• *The cholesterol in your body comes only from the foods you eat.*

False. Your liver can make all the cholesterol you need. Normally, the body regulates production of cholesterol according to the amount of saturated fat and cholesterol in your diet. The more of these you eat, the less cholesterol your body makes. For those with a family history of high blood cholesterol and heart disease, this may not happen.

• *The best way to reduce your blood cholesterol is to reduce the amount of cholesterol you eat.*

False. The best way to reduce your blood cholesterol is to decrease the amount of saturated fat you eat. Saturated fat raises your blood cholesterol, especially the "bad" cholesterol, more than anything you can eat. Foods such as butter fat (found in butter, whole milk, cream, ice cream, and cheeses), beef, pork, lamb, and poultry contain saturated fat. Also, some plant oils, such as palm kernel and coconut, are high in saturated fats.

• *If your cholesterol level is less than the recommended 200 mg/dL, you can eat anything.*

False. Your body has two kinds of cholesterol: HDL is "good" cholesterol; LDL is "bad." Even if your overall cholesterol level falls within the recommended range, you're at risk for heart disease if your LDL is too high (more than 130 mg/dL). Reduce the saturated fat and cholesterol in your diet to lower your LDL level.

• *People from France drink a lot of red wine and have a lower incidence of heart disease than Americans. So, it's a good idea to drink wine to avoid heart disease.*

Maybe. Although modest alcohol consumption has been associated with a lower incidence of heart disease, health experts don't advise its use for prevention of heart disease. Moderate consumption, or no more than two drinks per day, apparently causes few harmful health effects. Five ounces of wine is considered one drink. Excessive intake of any type of alcohol can lead to health problems, such as liver damage and some types of cancer.

• *Don't worry about your cholesterol until you're at least 30.*

False. Even though men over 45 and women over 55 years of age are at the greatest risk for heart disease, the National Cholesterol and Education Program recommends that all adults have their cholesterol checked regularly beginning at age 20. If your family has a history of early heart disease (under age 55) or you have a cholesterol level of over 240 mg/dL, you should have your children's cholesterol checked. For kids ages 2 to 19, the levels should be less than 170 mg/dL.

So you say you love turkey.

Who doesn't? But you're a little confused.

Some have 10% fat. Others 5%.

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*there's one that has zero fat.**

New Louis Rich® Fat Free sliced Turkey Breast.

Available in three varieties, it's the only

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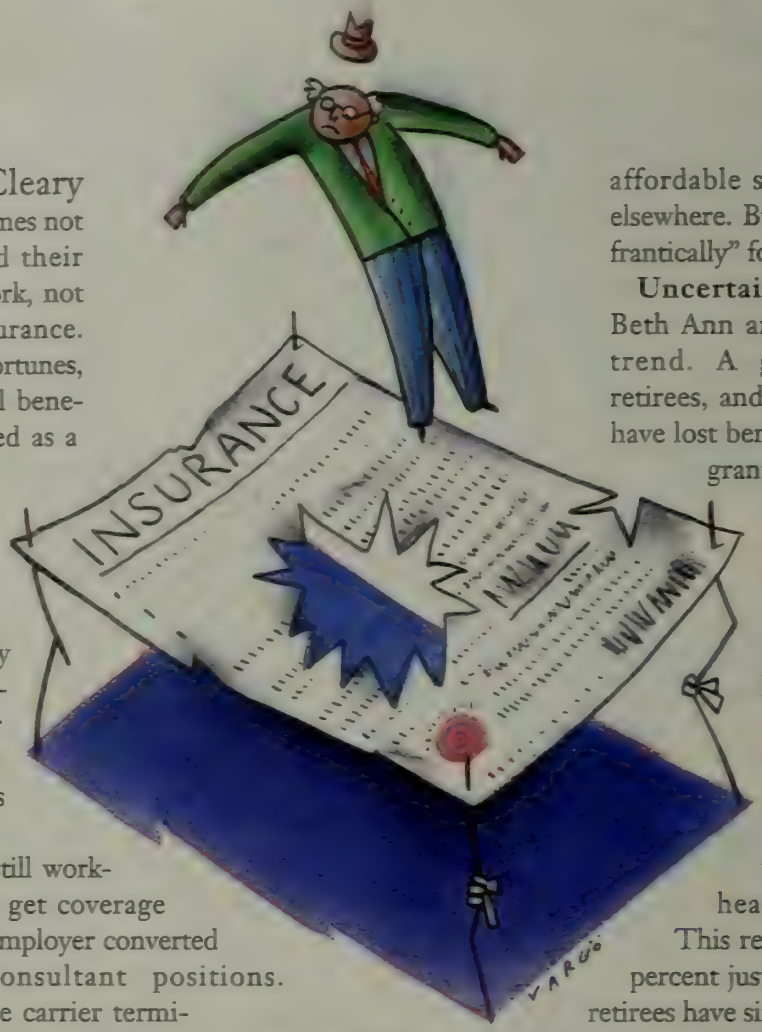


*zero grams per serving.

©1993 Louis Rich Company

by Patricia Hittner

Are Your Health Benefits Safe?



Beth Ann and Tom Cleary (who asked that their real names not be used) planned to spend their retirement doing charity work, not worrying about health insurance. But through a series of misfortunes, they've learned that medical benefits can be as easily dissolved as a sand castle at high tide.

While employed by the same nonprofit foundation for 15 years, the Clearys enjoyed generous coverage. Then Tom, who recently turned 65, retired. The couple was shocked to discover there were no provisions to insure him throughout his retirement.

Beth Ann, however, was still working, and they were able to get coverage under her name. Then her employer converted all salaried jobs to consultant positions. Consequently, the insurance carrier terminated medical benefits for Beth Ann and several colleagues.

This happened despite the fact that Beth Ann was promised a year of coverage following her job change. When she raised this issue, the foundation's new director wouldn't budge. However, Beth Ann appealed to the entire board of directors, which worked with the insurer to reinstate her benefits.

A few months later, Beth Ann lost her insurance again. Several people left the foundation, making Beth Ann the sole employee. This meant she wasn't eligible for group coverage and there were no plans to hire anyone else.

Finding new coverage won't be easy. At 62, Beth Ann has survived two bouts of cancer and is now considered "uninsurable." Nevertheless, she's not angry at her employer. "The foundation was looking for the easy way out. They didn't realize it was going to hurt me or any of the others," she insists. "It wasn't done deliberately."

Fortunately, Tom, who qualifies for Medicare, found affordable supplemental coverage elsewhere. But Beth Ann is "looking frantically" for a new policy.

Uncertain benefits. Tom and Beth Ann are part of a disturbing trend. A growing number of retirees, and those near retirement, have lost benefits they once took for granted. "Employers are not guaranteeing health coverage anymore," says Patricia Wiley, a benefits consultant with Foster Higgins in New York City.

In a survey of 2,500 employers, conducted by Foster Higgins, only 46 percent provided retirees with health insurance in 1992. This represents a drop from 57 percent just five years earlier. Early retirees have similar problems. In 1987, 64 percent of employers picked up their medical premiums. Now, that number is 52 percent and falling. In addition, most firms offering coverage will ask retirees to share more of the expense.

YOUR HEALTH INSURANCE MAY NOT SURVIVE RETIREMENT.

Fueling the problem: high health care costs and a new federal accounting standard. As of 1995, all employers must show an accounting on their balance sheet for any liability incurred by retiree health benefits. For many firms, this change in accounting means the difference between showing a profit or a loss.

"This is putting tremendous financial pressure on companies," says James Firman, president of United Seniors Health Cooperative in Washington, D.C. "Companies have either had to take a big hit or weasel out of their obligations."

Surprisingly, finding such an exit isn't hard to do. The agreement to provide health coverage may have been verbal. Even if it was in writing, nonunion employees

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ake care of the

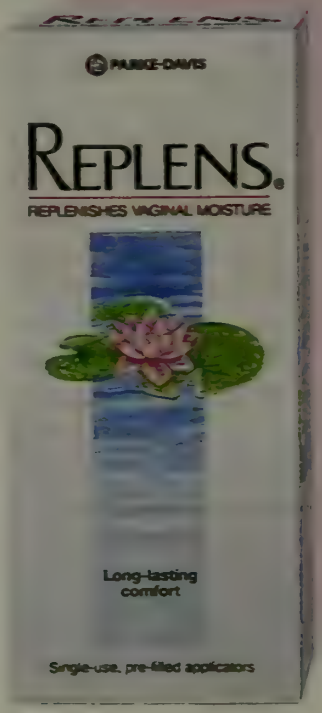
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Health Benefits

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may have trouble enforcing it. Also, some retirees must sign a waiver, stating insurance is not guaranteed. Or, if a company is sold, the new owners may not honor original promises. "With mergers and acquisitions, you don't know who your employer will be," explains Firman.

The (sort of) good news. Hopeful signs dot the horizon. New consumer protection laws regulate Medigap policies, which supplement Medicare. And benefits experts expect that long-term care insurance, which covers nursing home stays, will undergo a similar overhaul.

One big variable: the shape of federal health care reform to come, if it comes, and when it might start to take effect. The administration has proposed picking up 80 percent of insurance premiums for all but the most wealthy early retirees. But expect much debate on this costly, and controversial, promise.

Today, none of us can count on lifelong company health benefits. But we can cut our risk of being caught uninsured. Here are some situations you may encounter, and some mistakes you'll want to avoid, as you negotiate the confusing health care system.

Early retirees. Typically between the ages of 55 and 64, early retirees are especially vulnerable to insurance woes. That's because they're usually too young for Medicare, the federal health plan for senior citizens, but they're old enough to run into problems, such as heart disease, diabetes, and cancer, which can make finding health insurance virtually impossible.

Many people choose early retirement as part of a "buyout" package. But benefits counselors advise against putting too much stock in company promises. Buyouts usually mean that the firm needs to cut its workforce. Down the road, your health benefits may be next to go, says Benjamin Lipson, an insurance consultant in Chestnut Hill, Mass.

Firman also recommends thinking twice about early retirement, unless you can handle an insurance crisis. Have your attorney scrutinize a "buy-out" offer. Get it in writing that benefits are guaranteed. Find out what happens if the company is sold. If there's a bankruptcy, however, you'll most likely become just another creditor.

Early retirees at risk of losing benefits might want to buy an individual plan. Lipson says it's important to do so before developing health problems. A policy with a high deductible will greatly reduce premiums. Check to see whether your policy is guaranteed renewable. Bear in

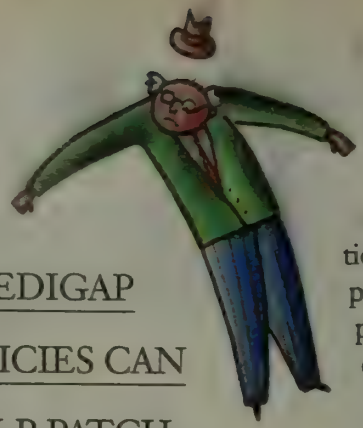
Do you ever get motion sickness? You know that queasy, nauseous feeli

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mind that even group insurance companies can raise rates or even discontinue coverage altogether at the end of each contract period.

Chronically ill people will have trouble finding new insurance, but "high-risk pools" operate in many states. Although costly, this coverage is available to anyone. Check with your state insurance commission.

If your corporate health benefits are canceled, the federal COBRA act allows you to pay your own premiums for 18 months at 2 percent above the discounted group rate, provided your firm has 20 or more employees. If you're nearing age 65, this might tide you over until you receive Medicare.



MEDIGAP POLICIES CAN HELP PATCH THE HOLES IN MEDICARE COVERAGE.

Medicare. This is the government health plan for Americans age 65 and older. Younger, disabled individuals may also qualify. For most people, there's no premium for Part A, which covers hospitalization and some skilled nursing home care. Part B pays 80 percent of Medicare's approved rate for doctor bills, lab tests, ambulance rides and medical equipment. The current monthly premium is $41.10.

Retirees with insurance from former employers still receive Medicare once they turn 65. Medicare becomes their primary insurance, and any corporate coverage is supplemental.

Medigap. Medicare pays only a portion of doctor bills and doesn't cover prescription drugs. Recipients also pay a portion of hospital stays. That explains the flourishing trade in so-called Medigap plans. These plans, available from private insurers, cover expenses that Medicare won't.

But take note: It's critical to buy Medigap coverage within six months of receiving Medicare Part B. That's when you can't be denied coverage. Retirees with supplemental insurance from their former employers usually don't need an additional Medigap policy. But they can get caught in a bureaucratic tangle if they lose this benefit after the six-month Medigap grace period. If they're sick, they could have trouble finding a new plan with drug coverage and other comprehensive benefits.

Another way to patch the holes in Medicare's coverage is to join a health maintenance organization (HMO) that

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Now you can help prevent motion sickness with TRANSDERM SCŌP.®
(scopolamine 1.5 mg.)



Your body goes one way, your stomach goes the other. Your eyes say you're going up, the rest of you says you're going down. That's how motion sickness feels. That's how an enjoyable boat ride, ocean cruise or flight turns into pure misery. That's when Transderm Scōp can help.

Nothing else works like the Transderm Scōp Patch.

The Transderm Scōp medicated patch is a totally unique motion sickness prevention system. You wear it behind your ear to get continuous, effective protection from motion sickness. Advanced transdermal technology provides medication at a controlled, steady rate. Simply apply at least four hours before needed.

Each patch works for up to three days, so you never have to worry about the protection wearing off at just the wrong time. When you no longer need protection, just remove it and its effects wear off.

Transderm Scōp is a prescription product that should not be used by children or those with the following conditions: glaucoma; difficulty in urinating; or an allergy to scopolamine.

Transderm Scōp has been clinically tested. During the studies some side effects were noted, including blurred vision, dryness of the mouth (in two-thirds of users) and drowsiness (reported incidence less than 1 in 6). While using this product, you should not drive, operate dangerous machinery or do other things that require alertness. You should avoid using alcohol. If you are elderly, your physician should exercise special care in prescribing this product.

See adjoining page for additional information on adverse reactions or side effects.

Call your doctor about Transderm Scōp.

Doctors know that Transderm Scōp has been clinically tested for effectiveness. That's why doctors have prescribed Transderm Scōp millions of times. So, to avoid all that misery and enjoy your next trip, just ask your doctor about getting the Transderm Scōp patch. Because when that boat starts to roll, when that plane starts to pitch—well, you'll be glad you discovered Transderm Scōp.



Proven protection from motion sickness.

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TRANSDERM SCŌP® (scopolamine 1.5 mg.)
MOTION SICKNESS PREVENTION PATCHES.

INDICATIONS AND USAGE
Transderm Scōp is indicated for prevention of nausea and vomiting associated with motion sickness in adults. The patch should be applied only to skin in the postauricular area.

CONTRAINDICATIONS
Transderm Scōp should not be used in patients with known hypersensitivity to scopolamine or any of the components of the adhesive matrix making up the therapeutic system, or in patients with glaucoma.

WARNINGS
Transderm Scōp should not be used in children and should be used with special caution in the elderly. See **PRECAUTIONS**.

Since drowsiness, disorientation, and confusion may occur with the use of scopolamine, patients should be warned of the possibility and cautioned against engaging in activities that require mental alertness, such as driving a motor vehicle or operating dangerous machinery.

Potentially alarming idiosyncratic reactions may occur with ordinary therapeutic doses of scopolamine.

PRECAUTIONS
General. Scopolamine should be used with caution in patients with pyloric obstruction, or urinary bladder neck obstruction.

Caution should be exercised when administering an antiemetic or antimuscarinic drug to patients suspected of having intestinal obstruction.

Transderm Scōp should be used with special caution in the elderly or in individuals with impaired metabolic, liver or kidney functions, because of the increased likelihood of CNS effects.

Information for Patients. Since scopolamine can cause temporary dilation of the pupils and blurred vision if it comes in contact with the eyes, patients should be strongly advised to wash their hands thoroughly with soap and water immediately after handling the patch.

Patients should be advised to remove the patch immediately and contact a physician in the unlikely event that they experience symptoms of acute narrow-angle glaucoma (pain in and reddening of the eyes accompanied by dilated pupils).

Patients should be warned against driving a motor vehicle or operating dangerous machinery. A patient brochure is available.

Drug Interactions. Scopolamine should be used with care in patients taking drugs, including alcohol, capable of causing CNS effects. Special attention should be given to drugs having anticholinergic properties, e.g., belladonna alkaloids, antihistamines (including meclizine), and antidepressants.

Carcinogenesis, Mutagenesis, Impairment of Fertility. No long-term studies in animals have been performed to evaluate carcinogenic potential. Fertility studies were performed in female rats and revealed no evidence of impaired fertility or harm to the fetus due to scopolamine hydrobromide administered by daily subcutaneous injection. In the highest dose group (plasma level approximately 500 times the level achieved in humans using a transdermal system), reduced maternal body weights were observed.

Pregnancy Category C. Teratogenic studies were performed in pregnant rats and rabbits with scopolamine hydrobromide administered by daily intravenous injection. No adverse effects were recorded in the rats. In the rabbits, the highest dose (plasma level approximately 100 times the level achieved in humans using a transdermal system) of drug administered had a marginal embryotoxic effect. Transderm Scōp should be used during pregnancy only if the anticipated benefit justifies the potential risk to the fetus.

Nursing Mothers. It is not known whether scopolamine is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when Transderm Scōp is administered to a nursing woman.

Pediatric Use. Children are particularly susceptible to the side effects of belladonna alkaloids. Transderm Scōp should not be used in children because it is not known whether this system will release an amount of scopolamine that could produce serious adverse effects in children.

ADVERSE REACTIONS
The most frequent adverse reaction to Transderm Scōp is dryness of the mouth. This occurs in about two thirds of the people. A less frequent adverse reaction is drowsiness, which occurs in less than one sixth of the people. Transient impairment of eye accommodation, including blurred vision and dilation of the pupils, is also observed.

The following adverse reactions have also been reported on infrequent occasions during the use of Transderm Scōp: disorientation, memory disturbances, dizziness; restlessness, hallucinations; confusion, difficulty urinating, rashes and erythema; acute narrow-angle glaucoma; and dry itchy or red eyes.

Drug Withdrawal: Symptoms including dizziness, nausea, vomiting, headache and disturbances of equilibrium have been reported in a few patients following discontinuation of the use of the Transderm Scōp system. These symptoms have occurred most often in patients who have used the systems for more than three days.

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Health Benefits

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agrees to accept Medicare recipients for a set fee.

Managed care plans. Today, many companies shop around for the least expensive health insurance for their employees and retirees. Oftentimes, this means an HMO or other type of managed care plan. Early retirees with coverage from a former employer may have no choice other than HMO. Or, an HMO may be the only affordable alternative.

Medicare-eligible retirees often find HMOs attractive because of low co-payments and prescription drug coverage. Although many people like HMOs, they aren't right for everyone. Joining an HMO frequently means severing long-term relationships with particular doctors, and you might be unhappy with the choice of HMO specialists.

Long-term care. Nursing home coverage is limited under Medicare and Medigap, so many people buy long-term care policies. These costly plans, which pay a set fee for each day spent in a nursing home, can protect your assets. Home care, not covered by Medicare, is usually paid by long-term care policies as well. Whether this insurance is a good bet depends upon many factors, such as your finances and the ability of family members to care for you.

Right now, warns Firman, this is a "buyers beware" market. Investigate an insurer's financial stability. (Ask to see the firm's A.M. Best rating or check with any library for insurance company ratings guides.) You won't be able to collect if the company folds, even if you've paid premiums for years. Above all, he adds, never purchase this insurance under pressure from an agent.

For facts about long-term care policies from 63 companies, send a 9×12-inch, self-addressed, stamped (75 cents) envelope to National Association of Life Underwriters, Dept. PR-LTC4, 1922 F St., NW, Washington, DC 20006.

For more information. Local and state agencies on aging have information on medical insurance for retirees. Or contact these groups:

- United Seniors Health Cooperative, 1331 H Street, NW, Suite 500, Washington, DC 20005, has published an eight-page 1994 Medicare & Medigap Update, available for $1. Attention: USHC 1994 Update.
- Medicare Telephone Hotline, 800/638-6833, operates 8 a.m. to 8 p.m. Eastern Standard Time, M–F. Callers can receive information on Medicare and Medigap coverage.
- American Association of Retired Persons (AARP), 601 E. Street, NW, Washington, DC 20049, 800/523-5800, offers a variety of Medigap plans to members.

WHAT IS MANAGED CARE?

A growing number of Americans are joining managed care health plans. One benefit is low out-of-pocket costs. But the trade-off means giving up some freedom of choice. Here's a primer on the managed care market:

Health Maintenance Organization (HMO)—Members are restricted to seeing HMO physicians. Doctor visits outside the plan usually aren't covered. You choose a primary-care physician, who controls your access to specialists. Doctors may be employed by the HMO or practice independently.

Point-of-Service (POS)—This new alternative combines elements of both HMOs and traditional fee-for-service plans. Members can stay in the HMO system, incurring negligible out-of-pocket costs. If they see doctors outside the plan, they're usually responsible for 20 to 30 percent of the bill.

Preferred Provider Organization (PPO)—This is a group of doctors who negotiate discounts with insurers. Unlike HMOs, there may be no restrictions on seeing specialists. But members pay higher costs if they see non-PPO physicians.

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For a surgeon, it's a virtuoso performance every time.

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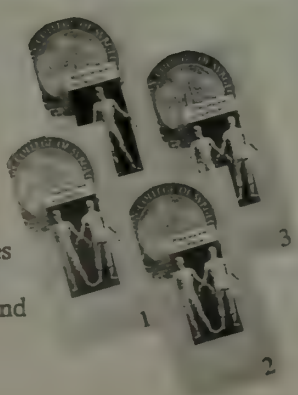
Only after all the lessons and practice have been completed is a surgeon qualified to perform in this theater. That's why surgeons must undergo nearly a decade of rigorous training under the masters of the profession.

And like any other skilled performers, surgeons must continue to build knowledge and expertise throughout their professional careers. Their special skills help to continually advance surgical care—honing improved techniques that help to save lives, restore lives, and improve lives.

Before you consent to having an operation, consult a qualified surgical specialist. Because you deserve the performance of a lifetime...and a qualified surgeon orchestrates one every time.

GET THE FACTS ABOUT SURGICAL CARE

You can learn more about how to find a qualified surgeon, basic surgical procedures, when to seek additional consultation or a second opinion, and other issues related to your good health through a series of free brochures prepared by the American College of Surgeons. Simply fill out the coupon and mail today.



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Dept. BH-4

health update

MEDICAL NEWS YOU CAN USE

Let Sleeping Babes Lie, Faceup



Back in 1991, doctors began recommending that infants be put to sleep on their back or side. A facedown posture, the doctors said, seemed to put babies at higher risk for sudden infant death syndrome (SIDS), perhaps by reducing their access to oxygen-rich air. New evidence supports the notion.

Researchers from Seattle's University of Washington School of Medicine watched two communities after the Seattle *Times* published an article detailing the recommendation. Phillip S. Spiers, Ph.D., and Warren G. Guntheroth, M.D., found that SIDS deaths fell the most where the paper's circulation was highest. Deaths dropped 52 percent in a community where one-third of households get the paper, while falling only 20 percent in a community where 16 percent subscribe.

DID YOU KNOW?

WHO WILL TAKE CARE OF YOUR MOTHER AND FATHER. If you've ever asked yourself that question, you should at least look into insurance coverage for long-term health care. Such policies cover the costs of extended nursing care, either in an institution or at home. A new survey available from the National Association of Life Underwriters can help you begin the search for the right policy.

The 1994 survey provides:

- **A list of 63 companies offering 78 policies**
- **Brief descriptions of benefits and restrictions**
- **States where the policy is available.**

To receive a free copy of the survey, send a 9×12-inch self-addressed, stamped (75 cents) envelope to: NALU, Dept. PR-LTC4, 1922 F St. NW, Washington, DC 20006.

Breast-Feeding Saves Lives

Breast-feeding your baby seems to offer a measure of protection against breast cancer. That's the finding of a study of more than 16,000 women. The principal author of the study, epidemiologist Polly A. Newcomb, Ph.D., noted that the protective effect applies to breast cancer that arises before menopause—about 25 percent of all breast cancers.

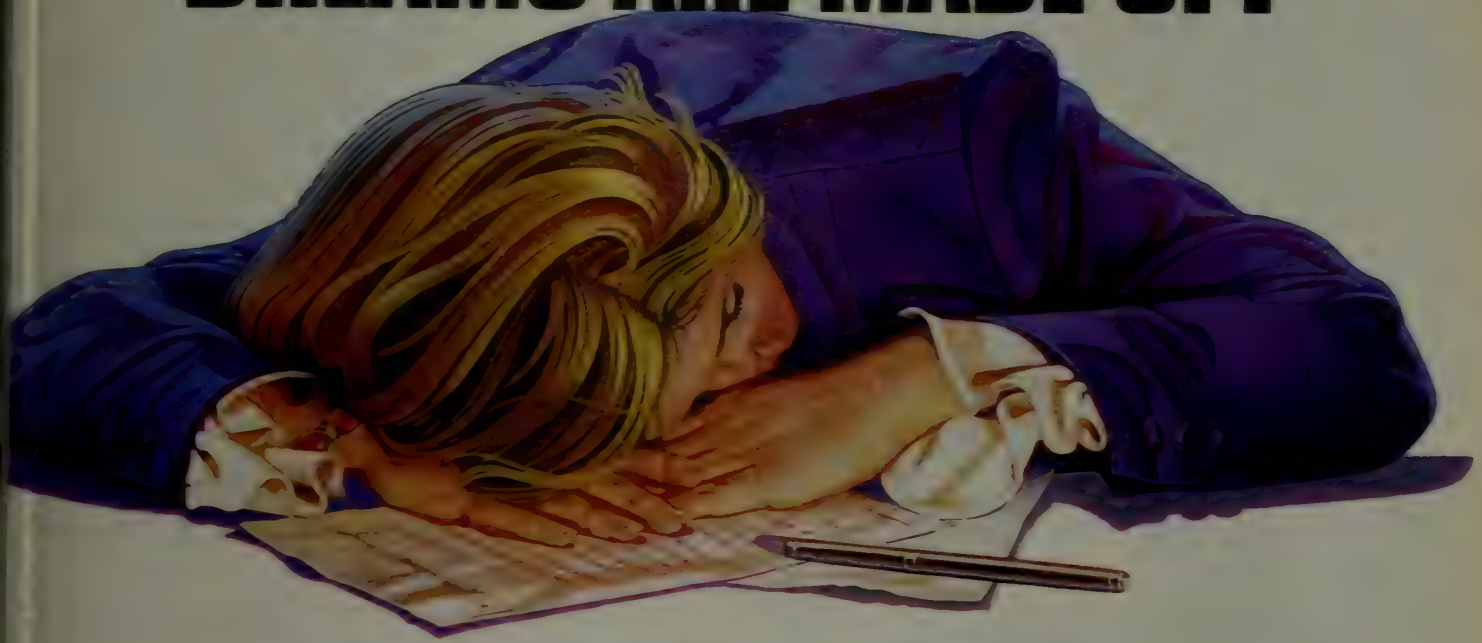
According to the University of Wisconsin-Madison researcher, women who breast-feed for several months may lower their risk by 20 to 30 percent, a modest but potentially life-saving reduction. The longer the women in the study breast-fed, the greater their degree of protection.

Other protective factors confirmed in the study were late onset of sexual maturity, early menopause, first birth at a younger age, more children, and the absence of a family history of breast cancer.

continued on page 7

ITENTION SEASONAL ALLERGY SUFFERERS

S YOUR MEDICATION THE STUFF DREAMS ARE MADE OF?



Wake up to HISMANAL: ask your doctor about 24-hour allergy relief that's nondrowsy.*

The relief you want in a prescription medication. HISMANAL es seasonal allergy symptoms like runny nose, sneezing, and itchy, y eyes.

No drowsiness. HISMANAL causes no more drowsiness than bo sugar pill).

Avoids other discomforts. No more dry mouth or nervousness than a sugar pill.

Lasts 24 hours. Once-a-day HISMANAL provides a full day's worth nt uous relief.

Prescription only. Ask your doctor today about HISMANAL.

WARNING: HISMANAL should be taken only as directed, tablet a day. Do not increase the dose in an attempt to speed ction of HISMANAL. It may take a few days of regular use to the action of HISMANAL.

HISMANAL must not be taken with the prescription antifungal icines itraconazole (Sporanox®) or ketoconazole (Nizoral®) ts, or the prescription antibiotics erythromycin or clarithromycin. People with serious liver disease should not take HISMANAL. MANAL has been associated with rare occurrences of abnormal heartbeats and heart attacks. In very rare cases, this could be fatal. Tell your doctor before taking HISMANAL if you have any liver or heart problems.

It's also important to tell your doctor if you ever become faint, dizzy, or have irregular heartbeats while you are taking HISMANAL.

ported incidence of drowsiness with HISMANAL (7.1%) in clinical studies involving than 1600 patients did not differ significantly from that reported in patients receiving bo 5.4%.

Ask your doctor today about PRESCRIPTION-ONLY

HISMANAL®

(ASTEMIZOLE) 10mg Tablets

Because you want long-lasting allergy relief. Not drowsiness.

FOR FREE HELPFUL INFORMATION JUST CALL

1-800-560-8867

Janssen Pharmaceutica Inc. 1994

JPI-HS-215

Please see important precautionary information on next page.

HISMANAL®

astemizole Tablets

Before prescribing, please consult complete prescribing information of which the following is a brief summary

INDICATIONS AND USAGE

HISMANAL tablets are indicated for the relief of symptoms associated with seasonal allergic rhinitis and chronic idiopathic urticaria. HISMANAL should not be used as a p r n product for immediate relief of symptoms. Patients should be advised not to increase the dose in an attempt to accelerate the onset of action.

Clinical studies have not been conducted to evaluate the effectiveness of HISMANAL in the common cold.

CONTRAINDICATIONS

CONCOMITANT ADMINISTRATION OF ASTEMIZOLE WITH ERYTHROMYCIN IS CONTRAINDICATED BECAUSE ERYTHROMYCIN IS KNOWN TO IMPAIR THE CYTOCHROME P450 ENZYME SYSTEM WHICH ALSO INFLUENCES ASTEMIZOLE METABOLISM. THERE HAVE BEEN TWO REPORTS TO DATE OF SYNCOPE WITH TORSADES DE POINTES, REQUIRING HOSPITALIZATION, IN PATIENTS TAKING COMBINATIONS OF HISMANAL 10 MG DAILY WITH ERYTHROMYCIN. IN EACH CASE THE QT INTERVALS WERE PROLONGED BEYOND 650 MILLISECONDS AT THE TIME OF THE EVENT. ONE PATIENT ALSO RECEIVED KETOCONAZOLE AND THE OTHER PATIENT ALSO HAD HYPOKALEMIA.

CONCOMITANT ADMINISTRATION OF ASTEMIZOLE WITH KETOCONAZOLE TABLETS IS CONTRAINDICATED BECAUSE AVAILABLE HUMAN PHARMACOKINETIC DATA INDICATE THAT ORAL KETOCONAZOLE SIGNIFICANTLY INHIBITS THE METABOLISM OF ASTEMIZOLE, RESULTING IN ELEVATED PLASMA LEVELS OF ASTEMIZOLE AND DESMETHYLASTEMIZOLE. DATA SUGGEST THAT CARDIOVASCULAR EVENTS ARE ASSOCIATED WITH ELEVATION OF ASTEMIZOLE AND/OR ASTEMIZOLE METABOLITE LEVELS, RESULTING IN ELECTROCARDIOGRAPHIC QT PROLONGATION.

CONCOMITANT ADMINISTRATION OF ASTEMIZOLE WITH ITRACONAZOLE IS ALSO CONTRAINDICATED BASED ON THE CHEMICAL RESEMBLANCE OF ITRACONAZOLE AND KETOCONAZOLE. IN VITRO DATA SUGGEST THAT ITRACONAZOLE HAS A LESS PRONOUNCED EFFECT ON THE BIOTRANSFORMATION SYSTEM RESPONSIBLE FOR THE METABOLISM OF ASTEMIZOLE COMPARED TO KETOCONAZOLE.

(See **WARNINGS** and **PRECAUTIONS**: Drug Interactions.)

HISMANAL is contraindicated in patients with known hypersensitivity to astemizole or any of the inactive ingredients.

WARNINGS

QT PROLONGATION/VENTRICULAR ARRHYTHMIAS

RARE CASES OF SERIOUS CARDIOVASCULAR ADVERSE EVENTS INCLUDING DEATH, CARDIAC ARREST, QT PROLONGATION, TORSADES DE POINTES, AND OTHER VENTRICULAR ARRHYTHMIAS HAVE BEEN OBSERVED IN PATIENTS EXCEEDING RECOMMENDED DOSES OF ASTEMIZOLE. WHILE THE MAJORITY OF SUCH EVENTS HAVE OCCURRED FOLLOWING SUBSTANTIAL OVERDOSES OF ASTEMIZOLE, TORSADES DE POINTES (ARRHYTHMIAS) HAVE VERY RARELY OCCURRED AT REPORTED DOSES AS LOW AS 20-30 MG DAILY (2-3 TIMES THE RECOMMENDED DAILY DOSE). DATA SUGGEST THAT THESE EVENTS ARE ASSOCIATED WITH ELEVATION OF ASTEMIZOLE AND/OR ASTEMIZOLE METABOLITE LEVELS, RESULTING IN ELECTROCARDIOGRAPHIC QT PROLONGATION.

THESE EVENTS HAVE ALSO OCCURRED AT 10 MG DAILY IN A FEW PATIENTS WITH POSSIBLE AUGMENTING CIRCUMSTANCES (SEE CONTRAINDICATIONS, AND WARNING PARAGRAPHS BELOW WARNINGS BOX). IN VIEW OF THE POTENTIAL FOR CARDIAC ARRHYTHMIAS, ADHERENCE TO THE RECOMMENDED DOSE SHOULD BE EMPHASIZED.

DO NOT EXCEED THE RECOMMENDED DOSE OF 10 MG (ONE TABLET) DAILY.

SOME PATIENTS APPEAR TO INCREASE THE DOSE OF HISMANAL IN AN ATTEMPT TO ACCELERATE THE ONSET OF ACTION. PATIENTS SHOULD BE ADVISED NOT TO DO THIS AND NOT TO USE HISMANAL AS A P R N PRODUCT FOR IMMEDIATE RELIEF OF SYMPTOMS.

CONCOMITANT ADMINISTRATION OF ASTEMIZOLE WITH KETOCONAZOLE TABLETS, ITRACONAZOLE, OR ERYTHROMYCIN IS CONTRAINDICATED. (SEE CONTRAINDICATIONS AND PRECAUTIONS: DRUG INTERACTIONS.)

SINCE ASTEMIZOLE IS EXTENSIVELY METABOLIZED BY THE LIVER, THE USE OF ASTEMIZOLE IN PATIENTS WITH SIGNIFICANT HEPATIC DYSFUNCTION SHOULD GENERALLY BE AVOIDED.

IN SOME CASES, SEVERE ARRHYTHMIAS HAVE BEEN PRECEDED BY EPISODES OF SYNCOPE. SYNCOPE IN PATIENTS RECEIVING ASTEMIZOLE SHOULD LEAD TO IMMEDIATE DISCONTINUATION OF TREATMENT AND APPROPRIATE CLINICAL EVALUATION, INCLUDING ELECTROCARDIOGRAPHIC TESTING (LOOKING FOR QT PROLONGATION AND VENTRICULAR ARRHYTHMIA).

(SEE CLINICAL PHARMACOLOGY, CONTRAINDICATIONS, WARNINGS, PRECAUTIONS, AND DOSAGE AND ADMINISTRATION.)

Patients known to have conditions leading to QT prolongation may experience QT prolongation and/or ventricular arrhythmia with astemizole at recommended doses. The effect of astemizole in patients who are receiving agents which alter the QT interval is unknown. However, in view of astemizole's known potential for QT prolongation, it is advisable to avoid its use in patients with QT prolongation syndrome or who are taking medications which are reported to prolong QT intervals (including probucol, certain antiarrhythmics, certain tricyclic antidepressants, certain phenothiazines, certain calcium channel blockers such as bepridil and terfenadine), patients with electrolyte abnormalities such as hypokalemia or hypomagnesemia, or those taking diuretics with potential for inducing electrolyte abnormalities.

Rare cases of cardiovascular events have been observed in patients with hepatic dysfunction. Systematic evaluation of the pharmacokinetics of astemizole in patients with hepatic dysfunction has not been performed. Since astemizole is extensively metabolized by the liver, the use of HISMANAL in patients with significant hepatic dysfunction should generally be avoided.

PRECAUTIONS

General

Caution should be given to potential anticholinergic (drying effects) in patients with lower airway diseases.

Caution should be used in patients with cirrhosis or other liver diseases.

HISMANAL does not appear to be dialyzable.

Caution should also be used when treating patients with renal impairment.

Drug Interactions:

See CONTRAINDICATIONS and WARNINGS sections for discussion of information regarding potential drug interactions.

Ketoconazole/Itraconazole

Concomitant administration of ketoconazole tablets or itraconazole with astemizole is contraindicated. (See CONTRAINDICATIONS and WARNINGS BOX.)

Due to the chemical similarity of fluconazole, miconazole, and miconazole IV to ketoconazole, concomitant use of these products with astemizole is not recommended.

Macrolides (including erythromycin)

Concomitant administration of erythromycin with astemizole is contraindicated. (See CONTRAINDICATIONS and WARNINGS BOX.) Concomitant administration of astemizole with other macrolide antibiotics, including troleandomycin, azithromycin, and clarithromycin, is not recommended.

Information for Patients:

Patients taking HISMANAL® (astemizole) should receive the following information and instructions. Antihistamines are prescribed to reduce allergic symptoms. Patients taking HISMANAL should be advised 1) to adhere to the recommended dose, and 2) that the use of excessive doses may lead to serious cardiovascular events. Some patients appear to increase the dose of HISMANAL in an attempt to accelerate the onset of action. PATIENTS SHOULD BE ADVISED NOT TO DO THIS and not to use HISMANAL as a p r n product for immediate relief of symptoms. Patients should be questioned about use of any other prescription or over-the-counter medication, and should be cautioned regarding the potential for life-threatening arrhythmias with concurrent use of ketoconazole, itraconazole, or erythromycin. Patients should be advised to consult the physician before concurrent use of other medications with astemizole. Patients should be questioned about pregnancy or lactation before starting HISMANAL therapy, since the drug should be used in pregnancy or lactation only if the potential benefit justifies the potential risk to fetus or baby. (See Pregnancy subsection.) In addition, patients should be instructed to take HISMANAL on an empty stomach, e.g., at least 2 hours after a meal. No additional food should be taken for at least 1 hour after dosing. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat or direct sunlight, and away from children.

Carcinogenesis, Mutagenesis, Impairment of Fertility:

Carcinogenic potential has not been revealed in rats given 260x the recommended human dose of astemizole for 24 months, or in mice given 400x the recommended human dose for 18 months. Micronucleus, dominant lethal, sister chromatid exchange and Ames tests of astemizole have not revealed mutagenic activity. Impairment of fertility was not observed in male or female rats given 200x the recommended human dose.

Pregnancy: Pregnancy Category C:

Teratogenic effects were not observed in rats administered 200x the recommended human dose or in rabbits given 200x the recommended human dose. Maternal toxicity was seen in rabbits administered 200x the recommended human dose. Embryocidal effects accompanied by maternal toxicity were observed at 100x the recommended human dose in rats. Embryotoxicity or maternal toxicity was not observed in rats or rabbits administered 50x the recommended human dose. There are no adequate and well controlled studies in pregnant women. HISMANAL should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. Metabolites may remain in the body for as long as 4 months after the end of dosing, calculated on the basis of 6 times the terminal half-life.

Nursing Mothers:

It is not known whether this drug is excreted in human milk. Because certain drugs are known to be excreted in human milk, caution should be exercised when HISMANAL is administered to a nursing woman. HISMANAL is excreted in the milk of dogs.

Pediatric Use:

Safety and efficacy in children under 12 years of age has not been demonstrated.

ADVERSE REACTIONS

For information regarding cardiovascular adverse events (e.g. cardiac arrest, ventricular arrhythmias), please see CONTRAINDICATIONS and WARNINGS BOX. In some cases, recognition of severe arrhythmias has been preceded by episodes of syncope. Similarly, rare cases of hypotension, palpitations, and dizziness have also been reported with HISMANAL use, which may reflect undetected ventricular arrhythmia.

The reported incidences of adverse reactions listed in the following table are derived from controlled clinical studies in adults. In these studies the usual maintenance dose of HISMANAL was 10 mg once daily.

	Percent of Patients Reporting		
	Controlled Studies*		
ADVERSE EVENT	HISMANAL (N=1630) %	PLACEBO (N=1109) %	CLASSICAL** (N=384) %
Central Nervous System			
Drowsiness	7.1	6.4	22.0
Headache	6.7	9.2	3.3
Fatigue	4.2	1.6	11.8
Appetite increase	3.9	1.4	0.0
Weight increase	3.6	0.7	1.0
Nervousness	2.1	1.2	0.3
Dizzy	2.0	1.8	1.0
Gastrointestinal System			
Nausea	2.5	2.9	1.3
Diarrhea	1.8	2.0	0.7
Abdominal pain	1.4	1.2	0.7
Eye, Ear, Nose, and Throat			
Mouth dry	5.2	3.8	7.9
Pharyngitis	1.7	2.3	0.3
Conjunctivitis	1.2	1.2	0.7
Other			
Arthralgia	1.2	1.6	0.0

*Duration of treatment in Controlled Studies ranged from 7 to 182 Days

**Classical Drugs: Clemastine (N=137); Chlorpheniramine (N=100); Phenindamine Maleate (N=47); d-Chlorpheniramine (N=20)

Adverse reaction information has been obtained from more than 7500 patients in all clinical trials. Weight gain has been reported in 3.6% of astemizole treated patients involved in controlled studies, with an average treatment duration of 53 days. In 46 of the 59 patients for whom actual weight gain data was available, the average weight gain was 3.2 kg.

Less frequently occurring adverse experiences reported in clinical trials or spontaneously from marketing experience with HISMANAL include: angioedema, asymptomatic liver enzyme elevations, bronchospasm, depression, edema, epistaxis, hepatitis, myalgia, palpitation, paresthesia, photosensitivity, pruritus, and rash.

Marketing experiences include isolated cases of convulsions. A causal relationship with HISMANAL has not been established.

OVERDOSAGE

In the event of overdosage, supportive measures including gastric lavage and emesis should be employed. Substantial overdoses of HISMANAL can cause death, cardiac arrest, QT prolongation, torsades de pointes and other ventricular arrhythmias. These events can also occur, although rarely, at doses (20-30 mg) close to the recommended dose (10 mg/daily). (See WARNINGS BOX and DOSAGE AND ADMINISTRATION.)

Seizures and syncope have also been reported with overdose and may be associated with a cardiac event.

Overdose patients should be carefully monitored as long as the QT interval is prolonged or arrhythmias are present. In some cases, this has been up to six days. In overdose cases in which ventricular arrhythmias are associated with significant QT prolongation, treatment with antiarrhythmics known to prolong QT intervals is not recommended. HISMANAL does not appear to be dialyzable.

Oral LD_{50} values for HISMANAL were 2062 mg/kg in mice and 2452 mg/kg in rats. In neonatal rats, the oral LD_{50} was 905 mg/kg in males and 1035 mg/kg in females.

Revised March 1993 Jan. 1993

JANSSEN PHARMACEUTICA

health update

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Experience Counts

Previous studies have shown that experience counts in the operating room. The more times your surgeon performs a particular operation, the less likely you'll suffer complications such as infection or postoperative bleeding. Now it looks as though experience in the classroom is also a predictor of success.

The new study focused on laparoscopy. That's the use of pencil-thick microscopes to operate through tiny incisions. Many operations that once required large incisions and weeks of recovery can now be done with minimal cutting and recovery time.

William A. See, M.D., of the University of Iowa Hospitals and Clinics in Iowa City, compared two groups of surgeons. One group had taken a single training seminar on laparoscopic technique; the second group had taken follow-up training.

Apparently the extra training paid off. Surgeons in the single-session group had a complication rate almost five times higher than the group of doctors with follow-up training.

How can you know whether your surgeon has the extra training? Ask your doctor or referring physician to recommend surgeons that meet the guidelines set by the American Gastrointestinal Endoscopic Surgeons.

MEDICAL MAILBOX FOR WOMEN

Write for three free brochures from the American College of Obstetrics and Gynecology:

• "Exercise and Fitness: A Guide for Women" (AP045). Setting up a healthy exercise program, plus information on setting and meeting goals. Also covered: guidelines for exercise during pregnancy and for older women.

• "Cholesterol and Your Health" (AP101). This is a concise explanation of the effects of cholesterol on your body with suggestions on how to cut your intake. Low-fat diet charts help you build heart-healthy menus.

• "Weight Control: Eating Right and Keeping Fit" (AP064). Find out what you should weigh, and learn the secrets of diet and exercise.

Each pamphlet is free, but you must send a separate self-addressed stamped envelope with each request. Be sure to include the title and the order number with your request. Mail to: ACOG, Resource Center, 409 12th St. SW, Washington, DC 20024.

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"Swanbrooke Cottage"

By Thomas Kinkade

Discover a great artist's romantic vision of the peaceful English countryside. ...e to "Swanbrooke Cottage" . . . and leave ...r cares at the door.

Designed by Thomas Kinkade — world-...owned Painter of Light™ — and crafted to ... exacting specifications, this charming cottage ...lpture actually fits in the palm of your hand.

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And most enchan-...g of all is the deli-...e figurine of a lovely white swan, crafted of ...e pewter, which graces the nearby stream . . . ...d gives "Swanbrooke Cottage" its name.

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Please return this reservation by June 30, 1994
Limit: One sculpture per order

Please enter my reservation/order for "Swanbrooke Cottage." I understand that I need send no money now. I will pay for my sculpture in two monthly installments of $12.45* each, the first payable before shipment. *If I'm not completely satisfied, I have 30 days to return my sculpture for replacement or full refund.*

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8 Great Stress Busters



You've probably read all about how celebrities get rid of stress. Well, here's help for those of us who can't afford a week at a health spa. We went to the real experts: the people who treat and study stress every day. We asked, "How do *you* get rid of stress?"

OUR EXPERTS SHARE THEIR PERSONAL SECRETS.

Some of their answers may surprise you.

1. Move it to lose it. All of our experts use exercise to cut stress. Robert Eliot, M.D., goes mall-walking. Robert Sapolsky, Ph.D., plays soccer daily. "I am bad at it, but I don't care," he says. Playing badly takes the pressure off; the game is pointless and the play is "an end in and of itself."

Redford Williams, M.D., plays a set or two of tennis at the end of the day. And Ellen Wingard, M.Ed., a Boston-based stress consultant, walks at 6 a.m. everyday.

Stress puts your body on red alert, ready for action. "When you are stressed and don't exercise, it's like pressing on the accelerator and brake at the same time," says Wingard. "Exercise takes the brake off, mobilizing the body to reduce stress naturally." Her walks in a nearby recreational area are both exercise and a chance to think things over in low-pressure surroundings.

2. Down and dirty. Gardening is exercise as well as an earthly meditation. "It eases my mind," says Peggy Lawless. Lawless is research project directo at Northwestern National Life Insurance Co in Minneapolis and author of a study on job related stress.

"Most of us are removed from nature in ou jobs," she says. "We sit at a desk or at a com puter. Gardening connects me with nature and it's heartwarming to work with livin things. Plus, I focus on the present and no on my ever-growing list of things to do."

3. Get wet, get calm. Lawless says her research ha shown that 60 percent of workers have tight muscles, symptom of stress. She is one of that 60 percent, and sh relieves tension two or three times a week by taking hot bath in an "immense" six-foot tub in her 90-year-o house. "I take out my contact lenses, turn out the light and close my eyes for 15 minutes," she says.

Lawless says she is spoiled by the huge tub. "It's tot immersion. I can stretch out, I'm not confined, the wat is deep, and big tubs have a wonderful sloping back."

Another way to relieve muscle tension is massage, som thing Ellen Wingard treats herself to weekly. "Massag intercepts stress during the week," she says, "plus I g feedback on stress stored in my neck and shoulders."

continued on page 5

"Who says we're all the same?"



Gyne-Lotrimin® understands we're all different with different needs at different times. That's why they offer a range of product innovations unequalled by any other yeast medication.

Have you tried Gyne-Lotrimin Pre-Filled Applicators? *Only Gyne-Lotrimin offers 7 pre-filled, pre-measured disposable applicators. Now, get cream with less mess and more convenience—precisely what you want. Only from Gyne-Lotrimin.*



The Combination-Pack makes a big difference. *You know how uncomfortable a yeast infection can be for the first few days? The itching, the irritation? The Gyne-Lotrimin Combination-Pack has a tube of cream for fast, external relief, plus 7 inserts for a fast cure.*

Also available in Cream, Inserts and Disposable Applicators.



Gyne-Lotrimin®
The Cure Starts Here.

Now, who says we're all the same?



8 Great Stress Busters

continued from page 78

4. Play it again, Doc. "I'm in a cold, sterile laboratory with incredibly driven, hardworking people who put in 70 hours a week," says Robert Sapolsky, professor of Neuroscience at Stanford University. He is also the author of *Why Zebras Don't Get Ulcers: A Guide to Stress, Stress-Related Disease and Coping* (W. H. Freeman and Co., 1994, $21.95). What helps de-stress this office is playing an upright piano that's kept in the corner of the lab and used by half the professionals. "When someone is waiting for a centrifuge to finish spinning out, he or she will sit down and play for five minutes."

Sapolsky says the piano relieves stress because it is a "now" thing; there is no planning or need for preparation to prevent people from taking a satisfying break. Also, the sounds themselves mark a dramatic shift in tempo, a relaxing signal to the players and listeners to allow themselves some breathing space.

5. Carry the card at all times. To relieve stress, Robert Eliot does what Benjamin Franklin did. When he was 32 years old, Franklin was being pulled in all different directions and "giving everything the same priority," says Eliot, director of The Institute of Stress Medicine in Jackson Hole, Wyoming, and author of *From Stress to Strength: How to Lighten Your Load and Save Your Life* (Bantam, 1994, $22.95).

Franklin finally wrote down what he wanted most out of life, what was really meaningful to him. Eliot recommends this to everyone. When you become aware of what is meaningful, everything will have its own priority and value. Saying no becomes easier. "Oh, that one word—no—can reduce your stress levels and give you extra energy," says Eliot.

On a 3×5-inch card Eliot has written his list of what is meaningful to him. He carries the card all the time, changing an item or two over the years and referring to it daily. Having direction in life, he says, reduces stress by giving you a sense of more control.

A word of advice: Keep your list short. "Write down six items, no more," says Eliot. A long list, he says, will probably create stress rather than relieve it.

6. Carpe diem. "Seize the day" is just as sound a philosophy today as it was 1,000 years ago, says Redford Williams. The professor of Psychiatry and Psychology at Duke University is author of *Anger Kills: 17 Strategies for Controlling the Hostility That Can Harm Your Health* (Harper Perennial, 1994, $12 paperback). "Every now and then, go through an ordinary day as if it were your last on earth," he suggests.

This exercise, says Williams, helps you sort out what and who are important to you, plus it helps you release deep emotions of love and gratitude. You may also find that your resentment against a relative, a boss, or

iend becomes defused, which lduces stress.

Seizing today also relieves stress a more fundamental way: It forces ou to live in the present. "A lot of ress is worrying about what hapened yesterday and what will hapen tomorrow," says Williams.

7. Keep your mouth shut. Villiams' work focuses on how hosility contributes to stress and poor ealth. "Often with hostile people—nd I'm one—the way we behave ith those closest to us is a major ource of stress," he says. "We don't sten, we're always checking on hem, picking on them about little nings."

Good relationships reduce stress, nd listening helps you have good elationships. "I keep my mouth hut and don't interrupt," says Villiams. "It's not natural. I want to reak in and tell them what to do. But if I can just listen or even say, 'I ould be wrong,' I become more mpathetic, more tolerant, more of confidant. This lets people—ncluding myself—like me and does vonders with my wife and kids."

Having good relationships nsures you will have social support, which, all experts agree, is crucial to educing stress. Involvement in family, church, and profession helps ou avoid isolation and depression, which are highly stressful. Isolation—more than any other lifestyle factor—is the best predictor of how heart disease and other major diseases will affect you over a lifetime, says Sapolsky.

"One study shows that the blood pressure of someone who is conscious and experiencing a minor surgical procedure is lower when he or she is holding another person's hand," he says. "Extend that effect over a lifetime, and you can see how important social support is."

8. Laugh, clown, laugh. Eliot regularly reads funny books and articles or watches and listens to humorous shows. On a recent hectic lecture tour, for example, he packed along *The 2,000-Year-Old Man* by Mel Brooks and Carl Reiner. "Humor discharges steam from our pressure cookers," he says.

Now it's your turn. These stress busters, and many variations of them, help millions of folks defuse their stress. But even if none works for you, you can still devise your own strategies. Just remember this key fact: many stress busters work because they alter your thinking process. Good strategies help you defuse stress by seeing it in a different light.

One final thought: Eliot says changing perception, which takes time, often involves our own grandiosity. We think everything we do is crucial. If this happens to you, says Eliot, you can reduce your stress by remembering two tips: (1) "Don't sweat the small stuff." And (2) "It's all small stuff, or most of it is if you choose to see it that way." ⌂




IF YOU'VE NEVER TAKEN THE TRAIN,
WHAT EXACTLY HAVE YOU MISSED?
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FOR RESERVATIONS,
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AMTRAK AT 1-800-USA-RAIL.

For starters,

unfortunately,
you have missed

this whole wonderful
country. • You have
missed a tip of the hat

from D.W. Hunsuzker, potato
farmer, as he opens up shop
in the back of his pickup. YOU
HAVE MISSED THE CHANCE TO

WAVE BACK (it feels really good, for
some reason). • You have missed
Thompson, Utah, population 40 (except
when you're passing through it). • You've
missed what is *real* and *good*. You've missed a

darn nice sunset. (Remember those?) You've missed the chance to take a few days, or even a few hours, to *not* rush and to *not* run. • You've missed the chance, for once in your life, to go from major city to major city AND SEE HOW LIVES ARE LIVED BETWEEN THEM. • And perhaps you've missed the one, single, dignified, civilized, utterly relaxed form of travel left in this world. Train travel.



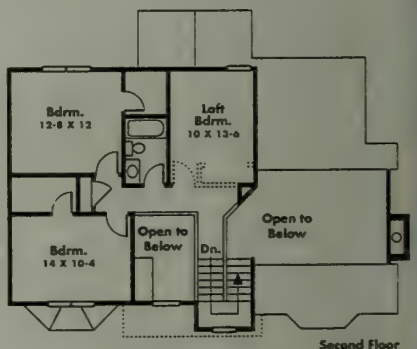
AMTRAK

THERE'S SOMETHING ABOUT A TRAIN THAT'S MAGIC.



English Country Charmer

This two-story charmer combines the character of an old country home with the efficiency of a modern floor plan. From the outside, this home's cedar-clad roof, lap siding, brick chimney, and arched entryway are as appealing as a cottage nestled in England's Cotswold Hills. Inside, you're welcomed by a vaulted foyer which opens into high-ceilinged living and dining areas. An island orients the kitchen toward a sunny eating nook. There's easy access from the living spaces to the back and side decks. Plus, the house features a luxurious main floor master suite and three second-floor bedrooms.





First floor: 1,518 sq. ft.
Second floor: 660 sq. ft.
Total living area: 2,178 sq. ft.

HOW TO ORDER PLANS

1. Determine the number of plans desired and calculate the price from the listings in the next column. Add sales tax* plus $12 for postage and handling.
2. Specify plan JWB-9303.
3. Send name, address, and check, money order, or credit card information to: BH&G/HomeStyles, 272 Market St., Suite 521, Minneapolis, MN 55405; or, call 800/848-8906. Blueprints and study plans are not returnable. Please double-check the plan numbers when ordering.

SET OF SEVEN $395
SET OF FOUR $365
ONE HOME PLAN $320

If you're not ready for full blueprints, try our Study Plan, $29.95 postage paid.

This one-page blueprint shows floor plans, four elevations, and kitchen and bath details. Study plan payment is deductible from blueprint cost.

*TAX NOTE: We are required to collect and pay state taxes in AL, AR, CO, CT, FL, ID, IL, IN, KS, MD, MA, MS, MO, NJ, NM, PA, and WI. We are required to collect and pay state and local taxes in CA, GA, IA, MN, NE, NY, NC, OH, TN, TX, VA, WA.

Your detergent can't do it alone.



Your dishwasher detergent alone can't get your dishes sparkling clean. That's because detergents can leave spots and residues behind. Jet-Dry® products work in the rinse cycle where detergents can't—removing all spots and residues to take dishes one step beyond clean to sparkle.

Use *Jet-Dry® Sparkle Spot and Residue Remover* to keep all your dishes spot free and sparkling. And for glasses with filmy build-up, try *Jet-Dry® Ultra Film Fighter.* It cuts through built up film for sparkling clean glasses every time.

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Go one step beyond clean to sparkle JET-DRY®



When Our Van Is Outside Your Home Is Clean Inside.

The bright yellow ServiceMaster van delivers over 40 years of heavy-duty cleaning experience right to your front door. Every ServiceMaster van comes equipped with highly-trained professionals, the latest equipment and exclusive cleaning solutions. Together they get your furniture, carpeting, windows and draperies their cleanest.

It's the easiest, most hassle-free cleaning experience you'll ever have. Before you kn it, your home will be spotless. Guaranteed. we'll do it again, no questions asked.

So for a home that's deep-down clean, check the phone book for your local ServiceMaster professional or call 1-800-W SERVE. That bright yellow van will make you feel good inside.

ServiceMAST R.

1-800-WE SE E.

DESIGN · by Sandra S. Soria

Summer Romance



Midsummer nights become dreamier when bedrooms begin with a passion. Garden-lovers Maggie and Greg O'Brien nod off in a bed of flowery pillows, then wake up to a glowing sunrise of peach walls and the butterfly-soft flutter of lace curtains. When the elements of a room's design come from the heart, they pull together as easily as a bouquet of wildflowers. Let this room show you how. *continued on page 88*

Just how committed is Marvin to making a French door that won't warp?

TO ITS CORE.



The Ultimate French Door from Marvin is not only stunningly beautiful, it's also stunningly practical.

Because its composite, fiber-reinforced core makes it the first warp-free French door ever introduced.

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Phone ( ) _____

MARVIN WINDOWS & DOORS MADE TO ORDER.

Summer Romance

continued from page 87

To realize their suite dreams in the master bedroom of their city apartment, Greg and Maggie began with their minds planted in garden imagery because that's where their hearts are. "Design happens with less effort once you determine what you really love," says Greg. "Then keep your eyes open for things to work into your rooms as you go about your daily business."

For Greg and Maggie, going about their business means heading to the Boston garden center they own. So it's only natural that their rooms come to life with the nubby textures, floral motifs, and weather-enhanced patinas found in the backyard. To Greg and Maggie their aged brass bed has all the charm of a timeworn iron



Walls aren't allowed a blank expression at this residence. They are given personality with symmetrical groupings of beloved collections, from garden hats to old botanical prints.

gate. Layers of touch-softened linens, which cover pil lows, tabletops, and furniture, suggest the carefre romance of a cotton sundress. The alfresco scene get better with flowery accessories and basket-like wicker Even the doily that Maggie stitched to a seed-sack inspired burlap pillow brings to mind an intricate spi der's web. (*For pillow-sewing instructions, see page 90.*)

By sticking wholeheartedly to a garden theme, thei bedroom scheme not only has charm but an eye-appeal ing design unity. When pulling together your persona

spaces, take these tips from the O'Briens' style.

Set the mood. Once you determine what inspires you, you can let your inspiration work like a decorator to help you decide on a room's furnishings. For instance, if you prefer a sea breeze to aromatic garden air, lay down some sisal carpet to recall your favorite sandy beaches; put crisp, striped sailcloth at the window; and color the space with the delightful teals, blues, whites, and tans of a summer day by the ocean. Prefer a hint of tradition? Think about favorite rooms from old movies or even from living history museums to come up with a design mood and specific pieces.

Parade your collections. Far too often, beloved objects hide in closed drawers and closets. Instead, let your rooms speak beautifully about who you are with clever and personal displays. The O'Briens let the ones they love climb the walls and parade across tabletops with merry abandon. When you've got a number of objects to display on your walls, it helps to plan on paper first. Play with objects until you achieve eye-pleasing balance (pairing objects of similar visual weight) and spacing (the most common mistake is to float hangings untethered, too far apart from each other or the furniture below). To tie the objects together, have at least one straight line running through the grouping. For instance, align the bottoms of prints at the base of a collection to anchor the group. For both wall and table displays, it works well to select a focal point piece, then arrange around it, staggering heights pyramid style.



Link a garden variety of prints with color. Despite a potpourri of patterns, old and new fabrics in Greg and Maggie's room get along well because they share the soft, subtle shades of the garden. Equally mellow peach walls seem to gather the objects together in a warm embrace, while their lack of pattern provides relief.

Put the accent on creativity. Build interest in your room's design plot by recasting characters in intriguing roles. Maggie transferred the lacy edge of a Battenberg tablecloth to a plain white sheet for a romantic ending. A mousy-brown secondhand chair is pulled into the fresh-air scene with a coat of cloud-white paint that's brushed over lightly with watered-down latex paint in sky blue.

continued on page 90



(Butter Recipe)

The Toll House® Cookie Was Hard To Beat,



(Crisco Recipe)

Until Crisco's Cookie Came Along.

Celebrate summer with Ultimate Chocolate Chip Cookies made with Butter Flavor* Crisco®. They bake up higher and stay moister than Toll House cookies made with butter. No wonder cooks who know trust Crisco.

The Ultimate Chocolate Chip Cookie

¾ cup Butter Flavor Crisco
1¼ cups firmly packed light brown sugar
2 Tbsps. milk
1 Tbsp. vanilla
1 egg
1¾ cups all-purpose flour
1 tsp. salt
¾ tsp. baking soda
1 cup semi-sweet chocolate chips
1 cup large pecan pieces (optional)**

1. Heat oven to 375°F.
2. Combine Butter Flavor Crisco, brown sugar, milk and vanilla in a large bowl.
3. Beat at med. speed of elec. mixer until creamy.
4. Beat egg into creamed mixture.
5. Combine flour, salt and baking soda and mix into creamed mixture until just blended.
6. Stir in chocolate chips and pecan pieces.
7. Drop rounded tablespoonfuls (about 2 measuring Tbsps.) of dough 3 inches apart onto ungreased baking sheet.
8. Bake at 375°F for 8 to 10 mins. for chewy cookies (cookies will appear moist–DON'T OVERBAKE), or 11 to 13 mins. for crisp cookies.
9. Cool on baking sheet 2 mins. Remove to foil on countertop.

Yield: About 2½ Dz. Cookies.

**Note: If nuts are omitted, use 1¼ cups semi-sweet chocolate chips.

Cooks Who Know Trust Crisco

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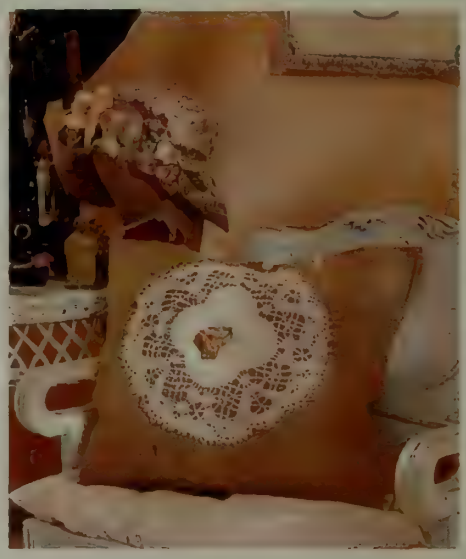
Summer Romance

continued from page 89

Even a basic pillow becomes fascinating with an unusual recycling of materials. To whip up this eye-catcher *below*, simply set a bit of delicate lace against the rugged, and unexpected, background of burlap. Here's what you'll need to do the project:

Materials: lace doily, two squares of burlap (see instructions to determine size and amounts), three ivory buttons, fabric flowers from an antique hat (optional), graph paper, pillow form (for a plump, full pillow, make inside pillow 2 inches larger than the finished pillow size). If you make your own pillow form, use muslin for the casing and stuff it with polyester fiberfill.

Instructions: Draw a square on the graph paper with sides that are 9 inches longer than the diameter of the doily; measurement includes ½ inch for seams. Cut two squares from burlap. Zigzag-stitch raw edges of burlap to prevent raveling of threads.



Marry unlikely partners to stir up a little excitement in your rooms. A heavenly lace doily and an earthy burlap-covered pillow make a successful match because the two don't compete for attention: the rough burlap is content to serve as a neutral backdrop that shows off the delicate design of the old lace doily.

Center doily on one burlap square; pin, then hand sew in place. Press under top edge on each burlap square ½ inch and stitch.

With right sides facing, sew burlap squares together along bottom and sides. Turn the pillow cover right side out and press. Turn under 2 inches along top edge; press. Work three buttonholes, centered and evenly spaced, across top edge of pillow front. Mark corresponding placement for buttons on inside of pillow back; attach buttons, taking care to sew through only one layer of the burlap. For a touch of romance, tack fabric flower or a vintage pin to center of doily.

Insert pillow form and button the opening closed.

Collecting lace: Although awareness and appreciation for fine laces continue to grow, it still is possible to make some great, and inexpensive, "finds." Browse neighborhood garage sales, flea markets, and antique shops for examples of Irish and filet crochet, tatting and Battenberg laces.

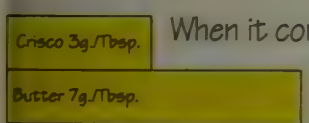


(Butter Recipe)

There's No Break In The Summer Fun With Crisco's Moister, Chewier Peanut Butter Cookies.

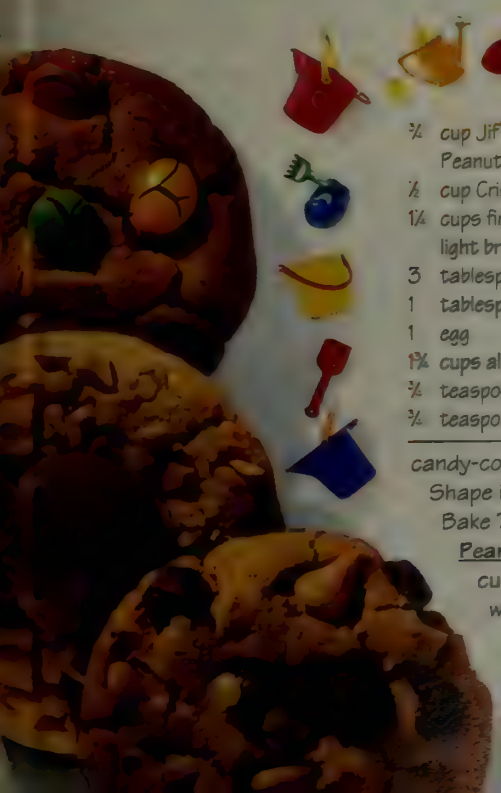


(Crisco Recipe)



Saturated Fat Comparison.
Crisco 12g. total fat per tablespoon.

When it comes to summertime treats, there's just no contest: the peanut butter cookie made with Crisco® is moister and chewier than this popular peanut butter cookie* made with butter. And cup for cup, Crisco has 50% less saturated fat than butter. So this summer, try the recipe below and all three irresistible variations.



Irresistible Peanut Butter Cookies

- ¾ cup Jif® Creamy Peanut Butter
- ½ cup Crisco Shortening
- 1¼ cups firmly packed light brown sugar
- 3 tablespoons milk
- 1 tablespoon vanilla
- 1 egg
- 1¾ cups all-purpose flour
- ½ teaspoon salt
- ¾ teaspoon baking soda

1. Heat oven to 375°F.
2. Combine peanut butter, Crisco, lt. brown sugar, milk and vanilla in large bowl.
3. Beat at medium speed of electric mixer until well blended.
4. Add egg. Beat just until blended.
5. Combine flour, salt and baking soda. Add to creamed mixture at low speed.
6. Drop by heaping teaspoonfuls 2 inches apart onto ungreased baking sheet. VARIATION: Flatten slightly in crisscross pattern with tines of fork.
7. Bake at 375°F for 7 to 8 minutes, or until set and just beginning to brown.
8. Cool 2 minutes on baking sheet before removing to kitchen counter top.

YIELD: 3 Dozen Cookies

IRRESISTIBLE VARIATIONS: **Rainbow Cookies:** Stir in 1 cup candy-coated chocolate morsels. Bake 6-7 min. **Peanut Butter Treasures:** Shape into 1½-in. balls. Roll in chopped peanuts. Press center with teaspoon. Bake 7-8 min. Press mini peanut butter cup into depression. **Chocolate/Peanut Butter Chips:** Stir in ½ cup semi-sweet chocolate chips and ½ cup peanut butter chips (or 1 cup chocolate chips). Decorate top with more chips. Bake 6-7 minutes.



Cooks Who Know Trust Crisco.

*From Joy of Cooking ©1994 Procter & Gamble Co.

gardener's almanac

JUNE 1994

CONSIDER CONTAINERS

This summer, grow creative! Instead of filling your planters with the same old geraniums, experiment with combinations of annuals, perennials, foliage plants, and bulbs. Here, three terra-cotta pots are packed with English ivy; pink, yellow, and orange tuberous



begonias; blue browallia; pink impatiens; purple heliotrope; and white marguerite daisies. To keep your pots in top form, fertilize every time you water with a diluted liquid plant food.

PHOTOGRAPH: BILL STITES
REGIONAL EDITOR: BONNIE MAHARAM

—by Douglas A. Jimerson and Julie A. Martens



Small garden strategy. Even the tiniest parcel of land can become the garden of your dreams. The owners of this tiny Seattle backyard transformed a once "hopeless mess" into a lovely garden retreat, and didn't spend a fortune getting the job done. They simply enclosed the area with a fence and lined the perimeter with a mixed bag of perennial and annual flowers. A trimmed boxwood hedge adds a sense of depth to the area by separating the garden and lawn. The bench provides seating and acts as a garden focal point.

TEST GARDEN TIP

Fabulous fuchsia. Peter Chan, our Oregon test gardener, keeps his fuchsia plants in shape by pinching back the branches throughout the summer. "I pinch off the tips of leggy fuchsias to promote thicker growth," says Peter. Instead of throwing the trimmings away, however, he uses them to start new plants. "All of the trimmings are planted in a shallow flat filled with moist sand," says Peter. "When roots form, I move the small plants to individual pots."





There's no dog like your dog. And no heartworm protection like ours.

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Heartgard 30® Plus
Chewables (ivermectin/pyrantel)

Heartworm protection plus. Right from the heart.

HEARTGARD-30 Plus (ivermectin/pyrantel) **Caution:** Federal (U.S.A.) law restricts this drug to use by or on the order of a licensed veterinarian. **Precautions:** All dogs should be tested for existing heartworm infection prior to starting treatment with HEARTGARD-30 Plus. Infected dogs must be treated to remove adult heartworms and microfilariae prior to initiating a program with HEARTGARD-30 Plus. HEARTGARD-30 is not effective against adult *D. immitis*. While some microfilariae may be killed by the ivermectin in HEARTGARD-30 Plus at the recommended dose level, HEARTGARD-30 Plus is not effective for microfilariae clearance. A mild hypersensitivity-type reaction, presumably due to dead or dying microfilariae and particularly involving a transient diarrhea, has been observed in clinical trials with ivermectin alone after treatment of some dogs that have circulating microfilariae. **Keep this and all drugs out of the reach of children. Adverse Reactions:** In clinical field trials with HEARTGARD-30 Plus, vomiting or diarrhea was observed rarely (1.1% of administered doses) within 24 hours of dosing. The following adverse reactions have been reported following the use of HEARTGARD-30: Depression/lethargy, vomiting, anorexia, diarrhea, mydriasis, ataxia, staggering, convulsions and hypersalivation. **Safety:** HEARTGARD-30 Plus has been shown to be bioequivalent to HEARTGARD-30, with respect to the bioavailability of ivermectin. The dose regimens of HEARTGARD-30 Plus and HEARTGARD-30 are the same with regard to ivermectin (6 mcg/kg). Studies with ivermectin indicate that certain dogs of the Collie breed are more sensitive to the effects of ivermectin administered at elevated dose levels (more than 16 times the target use level) than dogs of other breeds. At elevated doses, sensitive dogs showed adverse reactions which included mydriasis, depression, ataxia, tremors, drooling, paresis, recumbency, excitability, stupor, coma and death. HEARTGARD-30 demonstrated no signs of toxicity at 10 times the recommended dose (60 mcg/kg) in sensitive Collies. Results of these trials and bioequivalency studies support the safety of HEARTGARD-30 products in dogs, including Collies, when used as recommended. HEARTGARD-30 Plus has shown a wide margin of safety at the recommended dose level in dogs, including pregnant or breeding bitches, stud dogs and puppies aged 6 or more weeks. In clinical trials, many commonly used flea collars, dips, shampoos, anthelmintics, antibiotics, vaccines and steroid preparations have been administered with HEARTGARD-30 Plus in a heartworm disease-prevention program. In one trial where some pups had parvovirus, there was a marginal reduction in efficacy against intestinal nematodes, possibly due to a change in intestinal transit time. Merck AgVet Division, Merck & Co., Inc., Rahway, NJ 07065-0912. ®HEARTGARD-30 is a registered trademark of Merck & Co., Inc., Whitehouse Station, NJ. ©Merck & Co., Inc. 1994. HGD-4-1151-AJA

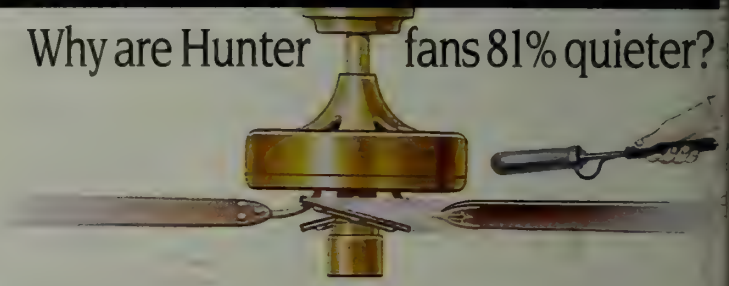
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Why don't Hunter fans wobble?



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Why are Hunter fans 81% quieter?



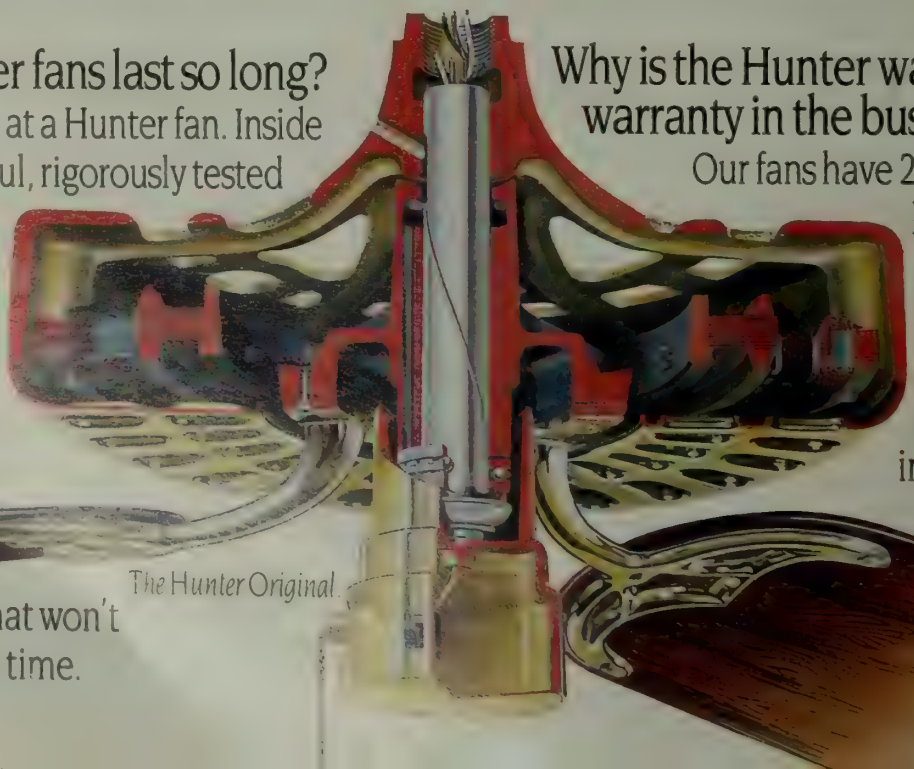
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The styles pictured are just a sampling. With o 300 styles to choose from, we have a Hunter fan f every room and decor.

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Take a good look at a Hunter fan. Inside you'll find a powerful, rigorously tested motor with high quality, shielded bearings that keep out dust and dirt. And outside a gleaming, baked-on durable finish that won't tarnish or fade over time.



The Hunter Original.

Why is the Hunter warranty the best warranty in the business?

Our fans have 20, 25 year and lifetime warranties And are backed by a company that's spent 108 years building the world's best fan.

Why do Hunter fans move more air?

Hunter. *Others.*



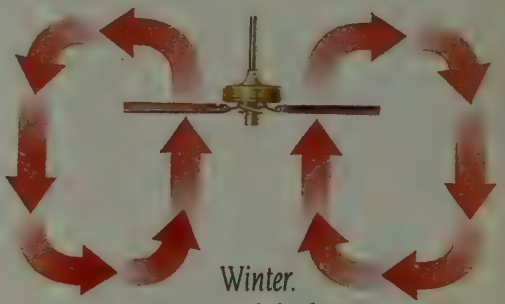
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Yes. Two of them, in fact. Over 100 years ago, John Hunter and his son, James invented the electrically powered ceiling fan. And from that point forward, we've made sure the name Hunter stood for quality and craftsmanship.

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Since 1886.

**Your savings may vary based on climate, building type and thermostat setting. On average at low speed settings.


Change a meal
into a fiesta
ESCAPE THE ORDINARY. Slip south of the border, where life is relaxed
and every meal is a special occasion. Our new Sun Terracotta
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Outdoor Living



Raise up the windows and throw open the door; it's time for the sweet escape into summer. No need to go far to find your idea of a good time—put scenery, serenity, and fun at your back door with the fresh ideas in this special outdoor issue. What's new? Exterior spaces that borrow comforts and good looks from the great indoors for fresh-air style that says "come on out and stay awhile."



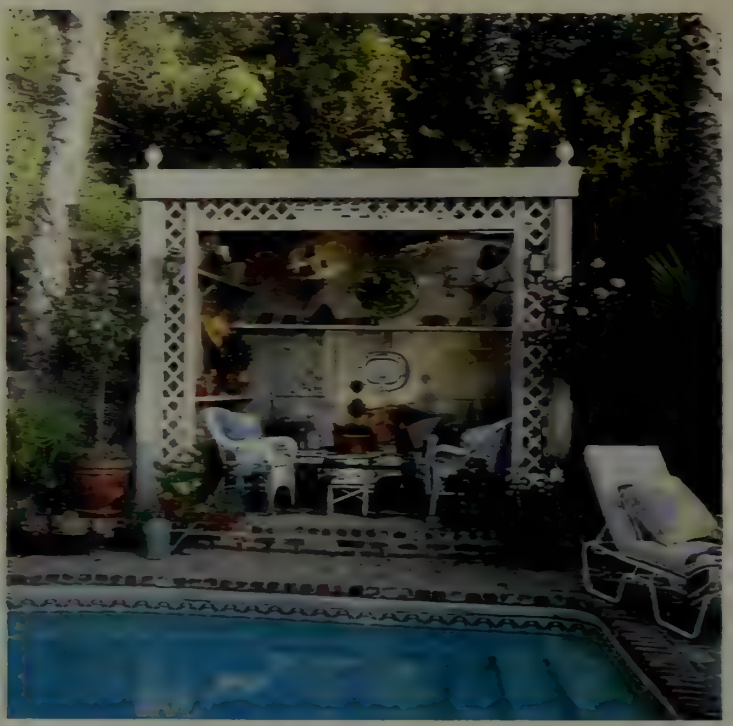
The New Back Porch

Build our easy, breezy pavilion for a steps-away getaway.





PHOTOGRAPHS: JON JENSEN DESIGN: JOE RUGGIERO



By Sandra S. Soria

Like a playhouse for grown-ups, this backyard pavilion mimics the comforts of home in a dreamy garden hideaway. Softened with lacy lattice and fabric, the simple 9×12 structure requires minimal wood. It demands minimal yard space as well—slip it in poolside or let it become the centerpiece of a landscape. Side curtains and awnings made of weatherproof fabrics slide closed to fill in where the wood leaves off or can be left open to invite in sunshine and breezes. The same weather-safe fabrics wrap plump pillows and cushions in a snappy geometric design that echoes the decoratively stained "area rug" on the pavilion floor. Other hardy decorative touches—all-weather wicker, metal and painted wood tables, a specimen garden of plants, and aged clay pots—provide plenty of reasons to putter or simply to ponder. Pull up the grill and switch to a higher table for dining and there's no reason to go inside at all. Buying information, page 136.

Service with a style

Attached to the wall with hook-and-loop fastening tape, a fabric tab holds the side curtain at bay to invite in the sun. Flanking the interior walls, buffet-height shelves support good things to look at or, if you prefer, to eat. The wood has been finished and protected with deck stain in a cool-as-ice-cream palette of different white hues.

Heaven and nature sing

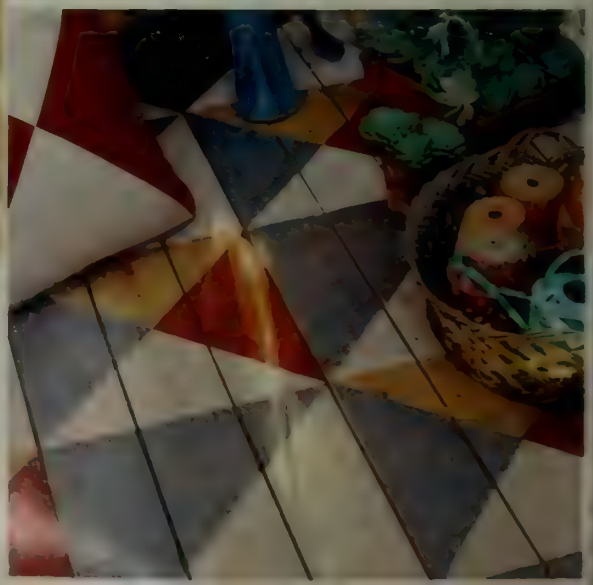
Found objects and weathered accents give this pavilion the earthy charm of a country potting shed. Awnings fitted with large grommets slide on sturdy wire to open the roof to a fluttering of leaves. The side curtains slide on room-divider track available at hospital supply stores.





Hands-on deck

Check out the expanding palette of deck stains at your local paint shop to give your pavilion, porch, or deck floor a snappy new look. From Thompson's, the semitransparent stain used to give this floor its aged patina brushes on easy and soaks in so it won't be readily "walked off." Look for products with a built-in sealer for a durable finish.



The New Back Porch

ARM & HAMMER

Home Team News!

All-New All-Star Anti-Perspirant!
Arm yourself with new ARM & HAMMER® Deodorant Anti-Perspirant. It's different! It's the first anti-perspirant with the natural odor-absorbing power of ARM & HAMMER® Baking Soda. Baking Soda absorbs odor instead of just covering it up. Now in solid or roll-on.

Safe at Home

An Absorbing Tale of Everyday Miracles To Keep Your Kitchen Surfaces Clean and Food-Safe.

Grab that little yellow box and leave those harsh, gritty cleansers out in left field. When it comes to cleaning, ARM & HAMMER® Baking Soda is a whole new ball game. It doesn't scratch, it ***absorbs odors*** and it's ***safe*** around surfaces that come in contact with your family's food. (How safe? Hey, you can even *bake* with it.)

First up, the *fridge* and *microwave*. Sprinkle some baking soda on a damp sponge to wipe away food spills and ***deodorize—without ever scratching.***

Now go for the triple play. Sprinkle on more baking soda to ***clean food residue*** *and* ***absorb odors*** *from your cutting board, butcher block and countertops.*

The **kids** finally remembered to bring home those lunch boxes. ***Phew! Does that sour milk smell!*** Time for your most trusted reliever—a cleaning and deodorizing solution of baking soda and warm water.

And a tip from an old pro: **a paste of baking soda and water is a *food-safe, scratch-free way* to scrub tarnish from your silver. Just rinse in water when you're done.**

With these and so many other food-safe uses, no wonder they call it "The Everyday Miracle."™ For our free "House-Full of Uses" booklet, call ***1-800-ARM-HAMR.***



—The Everyday Miracle™—

The New Back Porch

Decorating the outdoors

Peek out your back window and glimpse at the new frontier in decorating. These fresh products make it easier than ever to soften and beautify the outdoors with a decorative touch.

Outdoor fabrics that stand up to the rain and shine of summer are now available by the yard at fabric stores and come in a decorative array of colors and patterns. The Sunbrella fabrics shown here were previously available only at boat and awning stores. Now in a softer hand, the acrylic fabrics sew more easily into side curtains or awnings to give your pavilion, porch, or patio more privacy and protection. Stitch them into cushion and pillow covers to give your outdoor furniture an extra measure of comfort. (To be fully waterproof, outdoor cushions should be filled with a polyester fiberfill that allows the water to drain through.) Also, shop your local fabric store for new laminated-cotton yard goods that can take the heat. Some fabric stores also carry rolls of iron-on vinyl that can be laminated onto any smooth-surfaced cloth.

To make the awning: The sturdy new acrylic fabrics make a pretty and practical ceiling for porch or patio. Here, a panel of solid tan fabric is edged in a striped fabric and fitted with large grommets. The finished panel slips onto a heavy-gauge wire that's bolted to the pavilion's frame. (For more detailed instructions, see the order information *below*.)



Exterior stains in an ever-brightening array of colors make it easy to beautify and personalize wood decks, porches, even outdoor furniture. The durable semitransparent variety on the pavilion floor results in a mellow wash of color that allows the wood grain to shine through. Duplicate this pattern or create your own by plotting the design on paper, then transferring it to the floor with a straightedge and pencil. Tape off the squares and apply the stain with a sponge-applicator for smooth lines.

For even more color variety, look to solid stains. The pavilion's framework uses over ten shades of white for its soft, mottled look. Although comparable to paint in durability, a solid stain still has a more textural appearance, allowing you to see the depth and roughness of the wood.



To Order Plans:

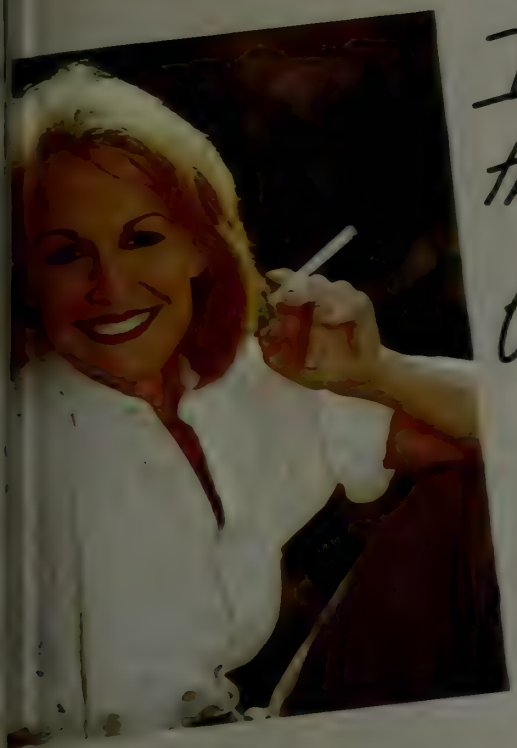
Our *Better Homes and Gardens*® Project Plan for The New Back Porch is a professional-quality woodworkers' blueprint with detailed drawings, a list of building materials, construction tips, and complete step-by-step instructions. In addition, we include a fabric source list (with hints and tips for choosing outdoor fabrics); detailed, easy-to-follow instructions for making the awning and side curtains; and methods to duplicate the paint treatment on the floor.

To order with your Mastercard, Visa, or American Express card, call 800/881-4066. To order by mail, send check or money order for $19.95 to:

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Summer Spaces

Escape into summer with fresh ideas in outdoor living that borrow comfort and good looks from the indoors. With our plans and your lumber, these projects go up fast. You'll be enjoying them this summer and for many more to come.

WINDOWS TO THE SKY GAZEBO
Clear acrylic panels at the top create a skylight that floods the interior space with light. Similar to the structure shown on *page 129*, this gazebo measures a spacious 12 feet wide.





SUMMERTIME SETTEE
With its curvy back and decorative slats, this do-it-yourself settee is a striking and durable seating piece. Similar to the custom-designed version shown on *page 111*, it will add beauty to your porch, deck, patio, or backyard.

VERY VICTORIAN BACKYARD ARBOR
Frame a view, define a path, or create an elegant entry to your garden with this arbor that features an old-fashioned look. Shown on *page 127*, the finished structure measures 8 feet high.





OUTDOOR STORAGE AND UTILITY SHED
Custom-designed for the Bass family, this attractive building incorporates features that many homeowners are looking for. The sturdy exterior gives way to numerous niches inside for storing garden tools and sports equipment.

Each of our professionally drawn plans includes a complete list of materials to get you started, detailed construction diagrams, and clearly written instructions to take you step-by-step through each project. Special hints and tips from our woodworking experts teach you the tricks of the trade that give your work the look of that done by professionals.

One plan costs $9.95; two plans cost $18.95; three plans cost $26.95; and all four plans cost $33.95. Prices include shipping, handling, and sales tax, if applicable.

TO ORDER To order with your Mastercard, Visa, or American Express card, call *Better Homes and Gardens*® Reader Shopping Service toll free at 800/881-4066. To order by mail, make a list of the items you wish to order and calculate the total from the prices shown *above* and *at right*. Then send your list and a check or money order for the total amount to: *Better Homes and Gardens* Reader Shopping Service, Post Office Box 9128, Department 9406, Des Moines, IA 50306-9128.

NOT IN THE MOOD TO BUILD?
Marketed by special arrangement with Gardener's Supply Company and similar to that shown on *page 132*, this **Cottage Garden Arch** is manufactured from 1-inch-square steel tubing and features a weather resistant black finish. Approximately 35 inches wide and 86 inches high with 18-inch-deep sides, it requires minor assembly. The price of $139.95 includes shipping, handling, and sales tax, if applicable.




Home Fashions From Broyhill®
For The Way You Live



On The Cover:
Traditional has never looked so good! Featured are a Sofa from $899 – $999, covered in a rich burgundy jacquard with rope trim and matching fringed pillows, Loveseat from $849 – $949 and Wing Chair from $399 – $449. Accent pillows covered in a contrasting floral jacquard complement the overall look. And, from the Oxford Square Collection, the Rectangular Cocktail Table $390, Rectangular End Table $350 and Chairside Curio $350 complete this traditional setting.

The subtle Willow finish of the Directions Entertainment Armoire $[illegible] brings out the deep green plaid of the Sofa from $799 – $899, Loves[illegible] from $749 – $849, Chair from $599 – $649 and Ottoman from $249[illegible] Also featured from the Directions Collection shown above in Canva[illegible] Rectangular Cocktail Table $250, Commode End Table $250, Vide[illegible] Chairside Table $315 and Sofa Table $340.



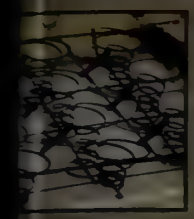
Above, the Sofa's classic details include warm cherry trim accents and panel-matched floral jacquard from $799 – $899. Cherry Hill Commode End Table $290.



The vibrant floral pattern overprinting luxurious jacquard f[illegible]ic is the perfect finish to this Sofa's traditional style from $899 - [illegible]999 Vintage Brass Round Lamp Table $365.

Most upholstery pieces are available in[illegible] Prices on these items vary[illegible] fabric selected.

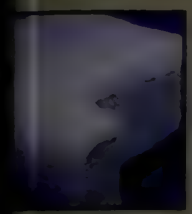
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A white-on-white jacquard fabric offers flexibility and adds a touch of subtle elegance to this contemporary Sofa from $699 – $799.



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This contemporary group features the Sofa from $799 – $899, Loveseat from $749 – $849 and Chair from $599 – $649 with matching Ottoman from $249 – $299. All shown above in a solid khaki fabric with the look and feel of suede. The Lamp Table $250, Commode End Table $290 and Rectangular Cocktail Table $290 are from the Vista Collection.

Most upholstery pieces are available in other fabrics. Prices on these items vary depending on fabric selected.

Manufacturer's suggested "Smart Buys" prices effective through 7/31/94. Prices may vary at individual dealers. All items may not be available at all locations. Furniture items may be special ordered.



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Reclining units on each end of the sofa and an exceptionally plush subdued plaid fabric enhance the built-in comfort, sturdy durability and attractive style of this casual group. Featured above: Fully Reclining Sofa from $999 – $1099 and Rocker Recliner from $599 – $649. The Commode End Table $250 each and Display Cocktail Table $625 are from the Creekside Collection.



Recline in comfort in this group from Broyhill. Featured are the Fully Reclining Sofa from $899 – $999, with reclining units on end, Reclining Loveseat from $849 – $949 and Rocker Recliner from $599 – $649. All are covered in a durable jacquard fabric. look is complete when you add occasional pieces from the Font Collection: Entertainment Armoire $1190, Square Cocktail Tab $300, Commode End Table $240 and the Square Lamp Table $

Most upholstery pieces are available in other fabrics.
Prices on these items vary depending on fabric selected.

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Decorating Q & A

Q: *My husband and I just moved into our first home, a new construction, and now we have the "empty room syndrome." Decorating with existing furniture in older homes with character is one thing; decorating several rectangular, white-walled rooms is yet another. How do we start? Where can we get affordable decorating help?*

A: Having a clean slate to work with can be a fun but daunting task. Start by narrowing the amazingly wide range of decorating choices. A fun way to do this is to tear out pictures from various magazines of rooms you and your husband love. Don't think about why you like the rooms; just clip and save them. Once you've gathered at least a dozen clippings, spread them out and look for what they have in common. You may find that you are drawn to a certain look, mood, or color scheme.

When you've got a better idea of your decorating direction, take your time in making buying decisions. It's so tempting to rush out and buy everything at once to get your great new place finished. But you'll be happier with your purchases in the long run if you spend time getting to know your rooms and investigating what's available.

While you're shopping, you'll undoubtedly notice that there is a lot more decorating help available at retail these days. Many of the larger stores offer free decorating services or have their showrooms set up "room style" to give you a full range of ideas for accessories and backgrounds as you shop for individual furniture pieces. You might also call local design firms or decorating specialty shops and ask about their fee structures. This help may be less expensive than you think, and can even end up saving you money by helping you avoid costly errors.

Q: *I would love to lighten up my family room by painting the wood paneling white. Is that a mistake?*

A: If lightening up is your goal, you'll be happy with your painted paneling. White-painted paneling will not only open up the room, but will provide a charming "porchy" quality. To do it, first wipe down any glossy finish with a liquid sander. Prime the area to be painted with a primer with good bonding power, and brush or spray on a semigloss or gloss latex enamel paint.

For answers to your questions, write to: Decorating Q & A, Better Homes and Gardens®, Dept. ID, Des Moines, IA 50309. Sorry, materials cannot be returned.

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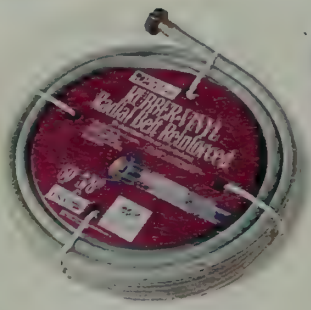


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Living with Color

by Julie A. Martens

Color your world with the living brilliance of nonstop blooms. Carol Dickinson's San Diego garden bursts with planting ideas and unique outdoor accents. Her secret to success is a one-two punch of perennials and easy-to-grow roses that stage a parade of year-round color.

Roses cast a spell of fragrance around Carol Dickinson's custom-made settee. The pink rose is winter-hardy Aloha, and the red is weather-resistant Altissimo. Either looks enchanting climbing a trellis or rambling along a wall.



Living with Color

A new fence and gate with pergola laid the foundation for Carol's traffic-stopping plantings. Placing flower beds just outside a fence softens the harsh line between yard and sidewalk. Flowers starring in this street show include whi marguerites, Santa Barbara daisies, snapdragons, achille and pink Bonica roses.



PHOTOGRAPHER: ED GOHLICH. LANDSCAPE DESIGN: JOHN HENDERSON. REGIONAL EDITOR: SHARON HAVEN

flowers are everywhere in Carol Dickinson's San Diego yard. She changed a landscape of lawn into gardens filled with blooms. Although the flowers in Carol's half-acre yard are impressive, she just started gardening three years ago with little knowledge of either growing or plants. Two big events occurred that motivated her to garden: her children left home and she and her husband decided to renovate the yard.

Today her planting schemes and outdoor decor complement each other and are easy to maintain. "The basic design is very simple," she says. "It's roses and perennials, with a few annuals thrown in for color."

Carol began her flowerfest by ordering perennials well-adapted for



Here's an entry garden with impact, right. *One step beyond the picket fence reveals flowers massed along the brick sidewalk in one of Carol's first planting beds. If you want season-long flowers, you have to plan carefully. Carol planned this garden using a list of perennials that perform well in her location, including foxglove, delphinium, penstemon, and campanula.*

Living with Color

local conditions. "From then on it was hit-and-miss gardening," she says. Carol admits she has made mistakes in her plantings, but she is quick to pull up anything that's not doing well.

Carol's eye-catching panoramas do come with a price: In April and May, she spends about 20 hours a week planting and preparing the garden; the rest of the year, maintaining the flowers takes only one to two hours each week. An automatic sprinkling system keeps watering time to a minimum. "I only hand water all of the potted plants," Carol says.

In fall and winter Carol is busy cutting back perennials. "I'm willing to invest time in perennials because eventually they'll make this garden almost maintenance-free," she says.

Choosing perennials to guarantee a season-long show of gorgeous color takes planning and vigorous deadheading. "Getting rid of dead



Sidewalk splendor such as this marks the home of a true gardening enthusiast. Carol's innovative rose and perennial combination tickles passersby pink with a Bonica rose wreathed in alstroemeria. Disease-resistant Bonica roses are a natural choice for a hedgerow or for growing beside a fence.



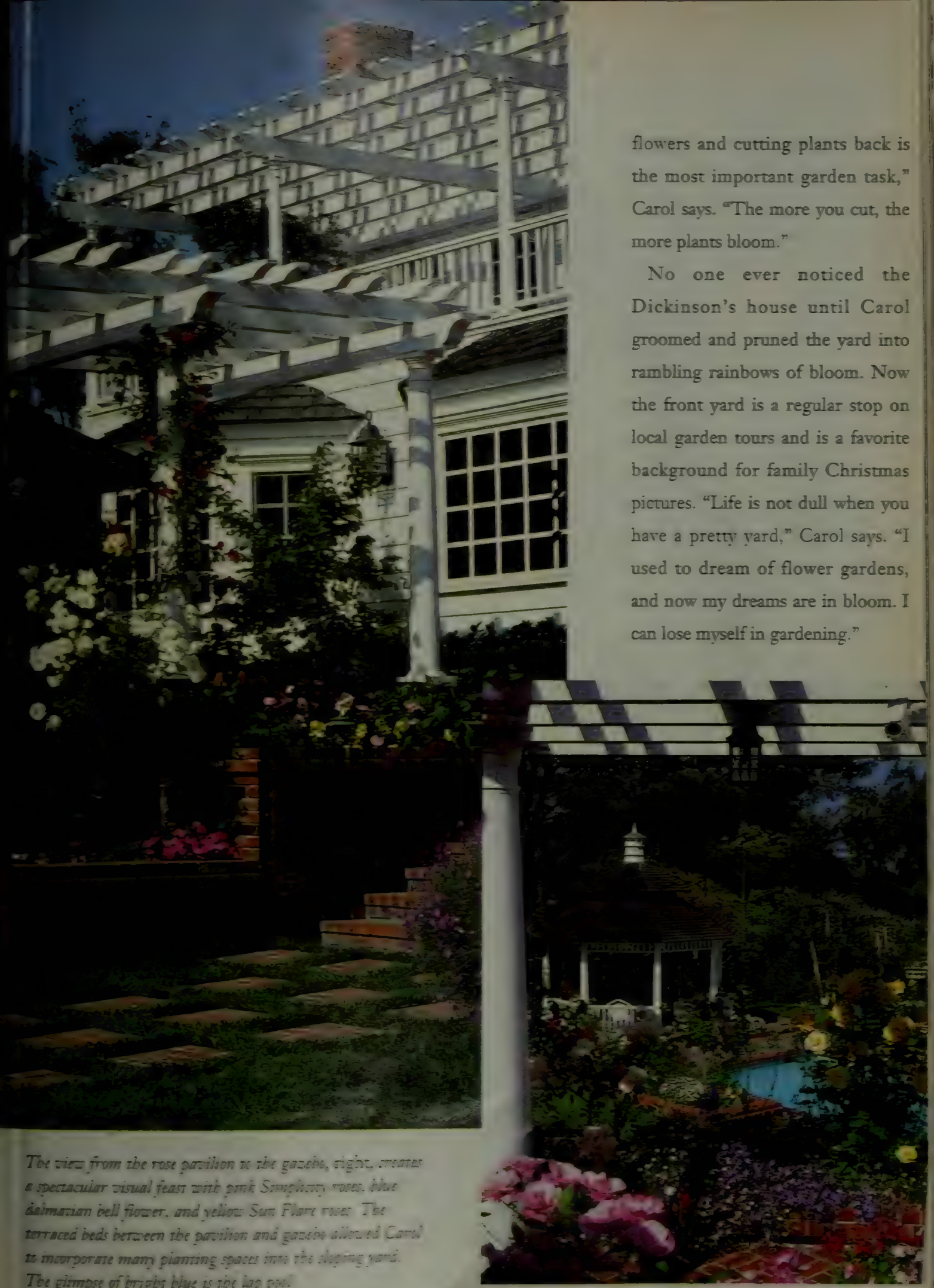


Living with Color

The pergola covering the semicircular rose pavilion and barbecue casts a latticework of shadows across Carol's favo rose varieties. Combining climbing roses on a trellis or pi with shrub roses in raised beds is one way to showcase ma varieties in a small garden setting.

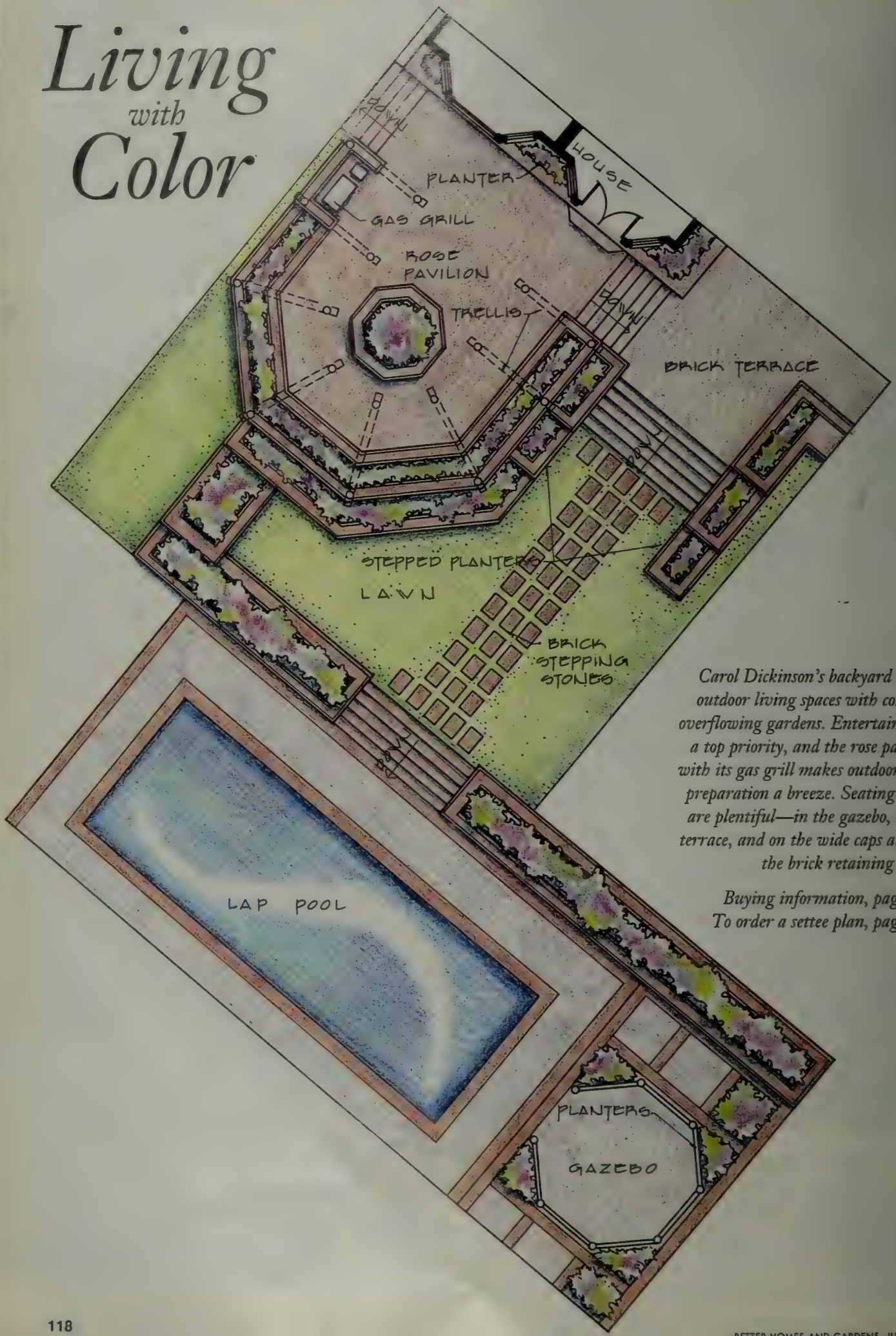
flowers and cutting plants back is the most important garden task," Carol says. "The more you cut, the more plants bloom."

No one ever noticed the Dickinson's house until Carol groomed and pruned the yard into rambling rainbows of bloom. Now the front yard is a regular stop on local garden tours and is a favorite background for family Christmas pictures. "Life is not dull when you have a pretty yard," Carol says. "I used to dream of flower gardens, and now my dreams are in bloom. I can lose myself in gardening."



The view from the rose pavilion to the gazebo, right, creates a spectacular visual feast with pink Simplicity roses, blue dalmatian bell flower, and yellow Sun Flare roses. The terraced beds between the pavilion and gazebo allowed Carol to incorporate many planting spaces into the sloping yard. The glimpse of bright blue is the lap pool.

Living with Color



Carol Dickinson's backyard blends outdoor living spaces with colorful, overflowing gardens. Entertaining is a top priority, and the rose pavilion with its gas grill makes outdoor meal preparation a breeze. Seating places are plentiful—in the gazebo, on the terrace, and on the wide caps atop all the brick retaining walls.

Buying information, page 136
To order a settee plan, page 104


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homemade for family *fun*

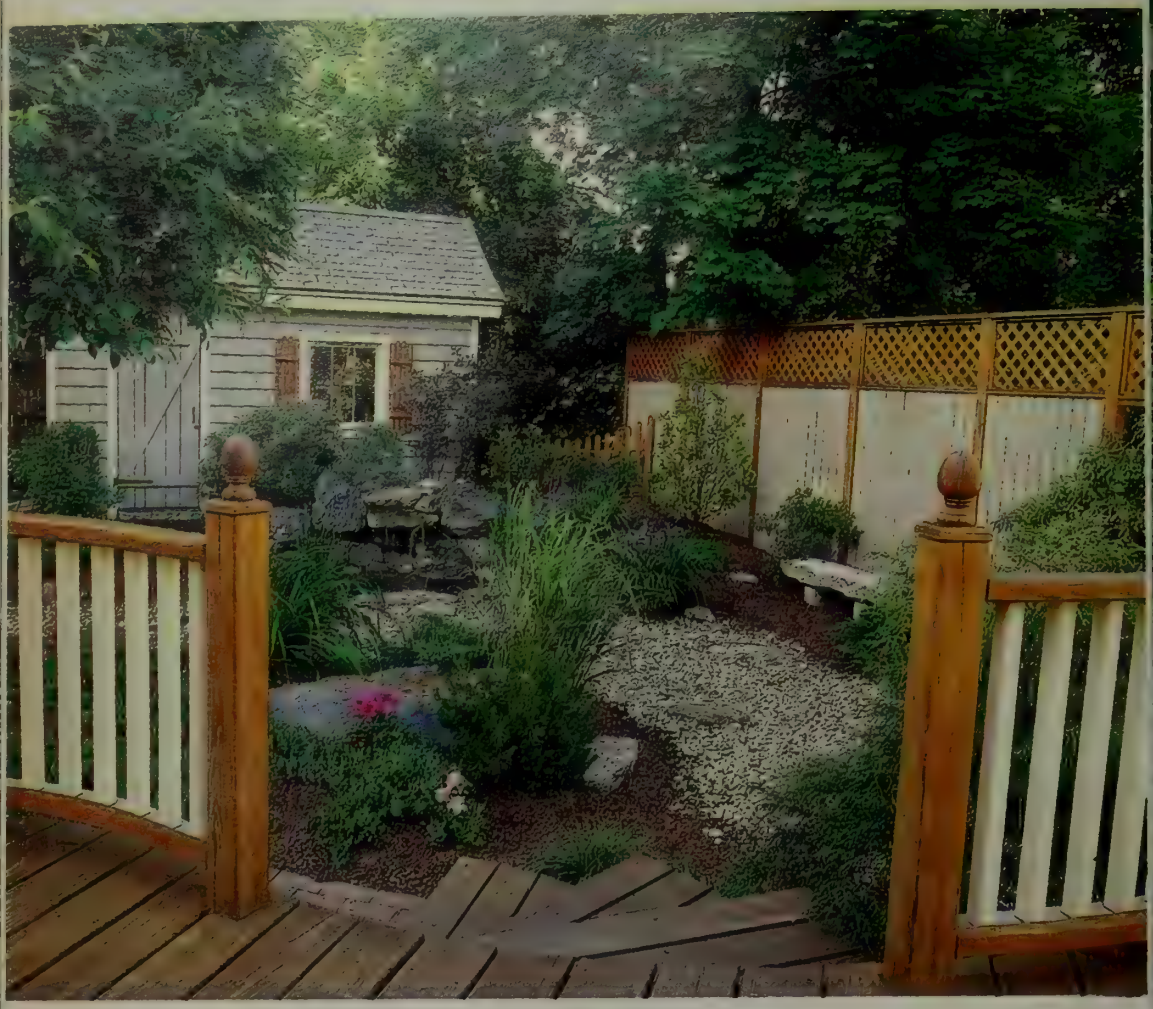
by Julie A. Martens

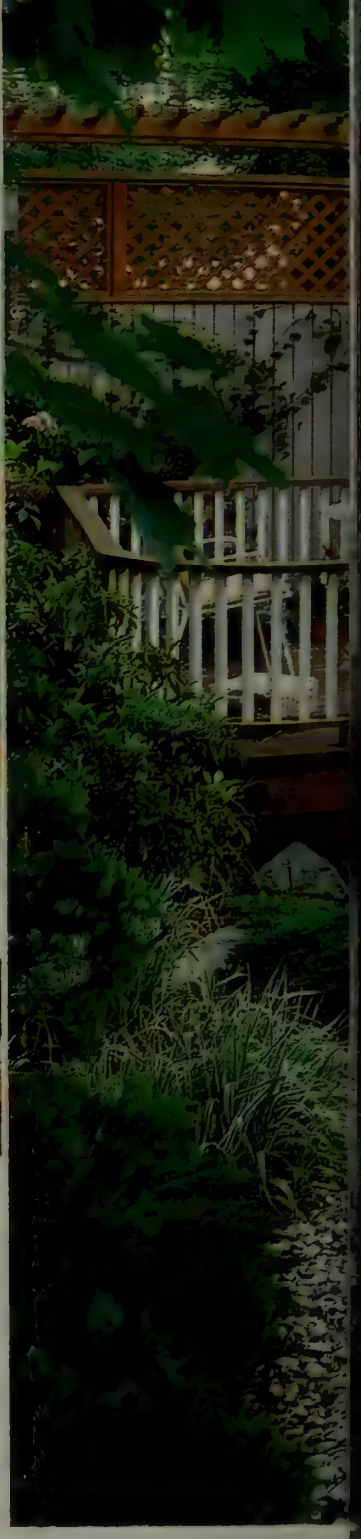


An outdoor living area that's stylish and functional doesn't require a large yard or a large budget. Scott Bass and Elyse Jacob-Bass invested their time and labor—and just a little cash—to turn their ho-hum backyard into a tranquil retreat that's ready for family fun.

Before designing their new backyard, the Bass family set clear priorities. "We wanted a basketball court for our sons, Brian, Stephen, and Coleman," Elyse says. "We also wanted a fountain, a new utility shed, and a bigger deck." Other key points in the yard plan were low maintenance ("No lawn mowing," Scott says) and durability. "If the boys' balls roll into the garden, I don't want to worry," Elyse says.

homemade *for family* fun

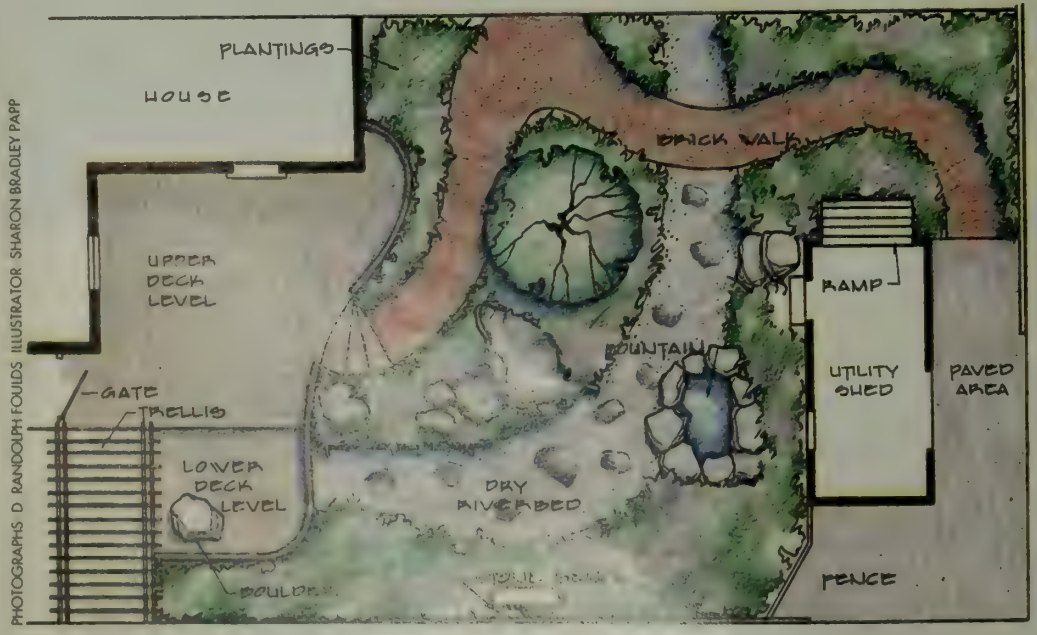




There's no lawn in the Basses' colorful, low-maintenance landscape, above. *The fence shuts out a busy parking lot.*

In the small, boxy backyard, right, *curves—found in the winding dry riverbed and serpentine brick path—add dimension.*

Coleman, the youngest family member, uses the backyard's long brick path as a driving course for his tricycle, below right.



PHOTOGRAPHS D. RANDOLPH FOULDS ILLUSTRATOR SHARON BRADLEY PAPP

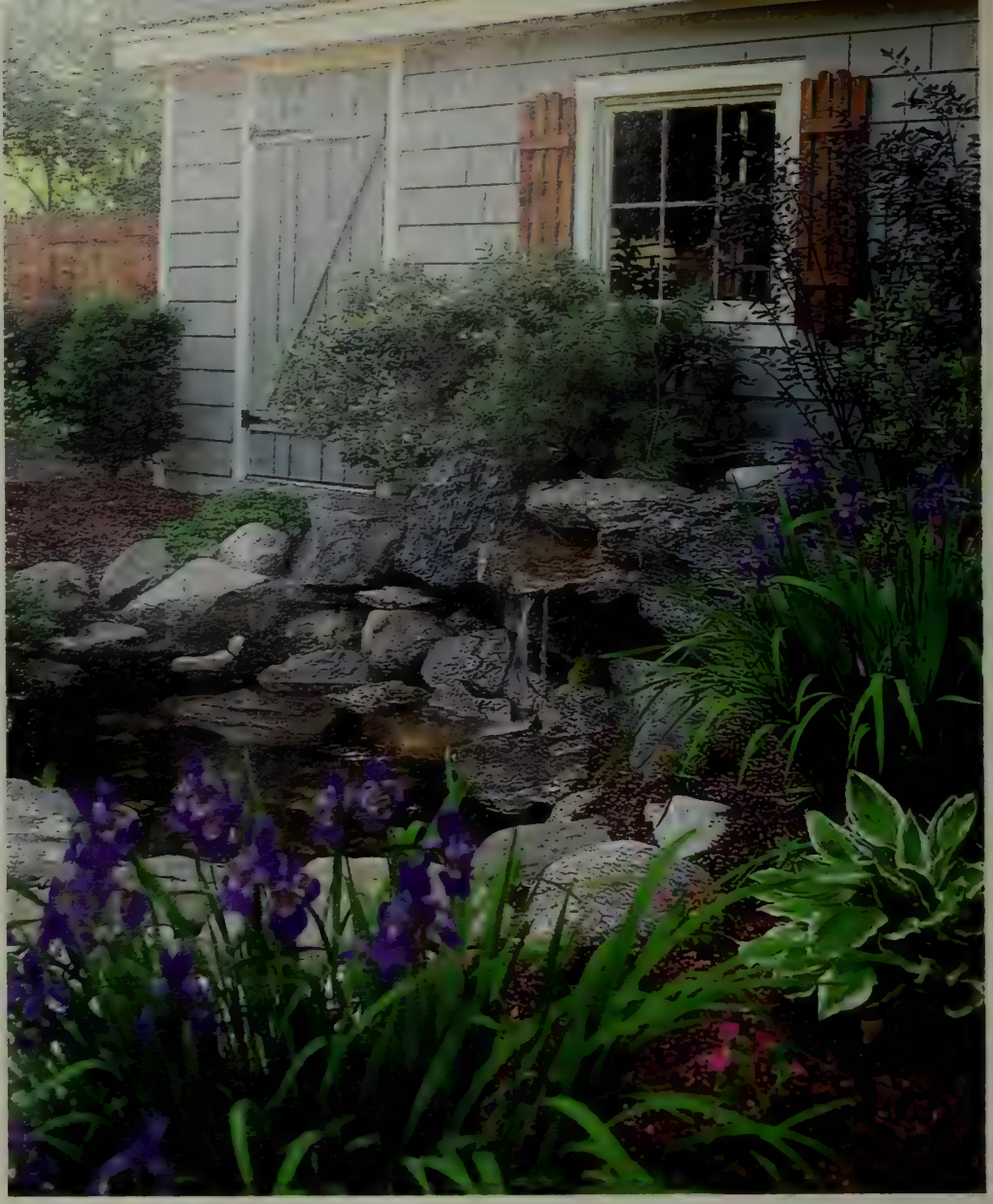
At its deepest, the Basses' yard is 50x50. With careful planning and advice from designer and contractor Richard Lagasse, the backyard flows easily from the deck to the water garden to the basketball court.





"This was a low-budget operation," Scott says. "We renovated the yard in a series of phases and did most of the work ourselves." Key to tackling the job in stages was a complete plan. The Basses spent a full year, 1989, planning their new yard. They found ideas in books and at a local garden show. Their greatest inspiration came from Japanese gardens, where complicated details collectively create a simple design.

In summer 1990, the next phase took off with the family



This beautiful water garden, left, *is surprisingly simple. It's just a hole lined with black plastic and surrounded by rocks.*

No guest could resist trying out this lounge chair, below left, *placed beside a huge boulder that's built right into the deck.*

homemade *for family* fun

digging up weedy shrubs and tearing down the old shed. In fall 1990 the basketball court, new shed, and water garden were added. The deck and fences were in place before winter 1990, which set the stage for the final phase, landscaping, in summer 1991. The Basses chose childproof plants such as yew, cypress, ornamental grasses, English ivy, vinca, daylily, iris, and a few flowering annuals.



"From the moment we broke ground, we were clear about what we wanted, and we got it all," Scott says. "The backyard is now beautiful in every season."

Buying information, page 136
To order plans for utility shed, see page 104

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great ideas from a garden getaway

Small touches add up to big results when it comes to decorating your garden. A simple bench, a one-of-a-kind pot, or a bloom-covered arch is all it takes to set the garden stage for a getaway. The goal is hospitality, whether it be a welcoming seat nestled beneath flowering limbs or an open gate that's awash with the living, clinging color of a vine in bloom.

TRELLIS RETREAT
With a clematis-covered arbor like the one below, *light shade makes sunny-day reading a breeze. For an arbor that's filled with fragrance, plant honeysuckle or jasmine.*



Turning an ordinary garden into a romantic retreat is something anyone can do. You can buy the ingredients for a garden setting and make it yourself, or choose your look right out of a catalog. To get started on your garden getaway, try some of the following ideas from Oregon gardener Dulcy Mahar. Her garden is filled with a collection of creative getaways perfect for gathering family and friends.

by Julie A. Martens

PHOTOGRAPHER: STEPHEN CRIDLAND. GARDEN DESIGN: DULCY MAHAR. REGIONAL EDITOR: CATHY HOWARD. ILLUSTRATOR: SHARON BRADLEY PAPP


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garden getaway



COZY GAZEBO
A gazebo filled with secondhand wicker furniture, above, *is Dulcy Mahar's favorite spot to watch the surrounding summerlong crescendo of bloom.*

PERENNIAL WELCOME
The wide perennial borders next to the front porch, left, *greet guests with rich flower colors and foliage textures.*

One thing is certain: creating a garden getaway doesn't have to take a great deal of time or money. "I've been building my dream garden for several years," says Dulcy. "Creating what you want is a gradual process." To date, the process has sprawled across the three-quarter-acre lot,

garden getaway

HOSPITALITY HAVEN
This porch, right, *is designed for relaxation. Dulcy found her comfy, unique furniture at flea markets.*

DECK DECOR
Artistic touches abound throughout Dulcy's yard, including a steepled birdhouse and unusual pots, below.



replacing turf with flower power.

A love of color, fragrance, and diversity is painted clearly in the garden. There are wide, sweeping perennial borders, a rose garden, several arbors, an herb patch, and a gazebo. The statues and other curiosities she tucks into the gardens personalize the plantings and entertain guests. In each setting, there is some sort of getaway, a place to relax and soak in the spectacular landscape.

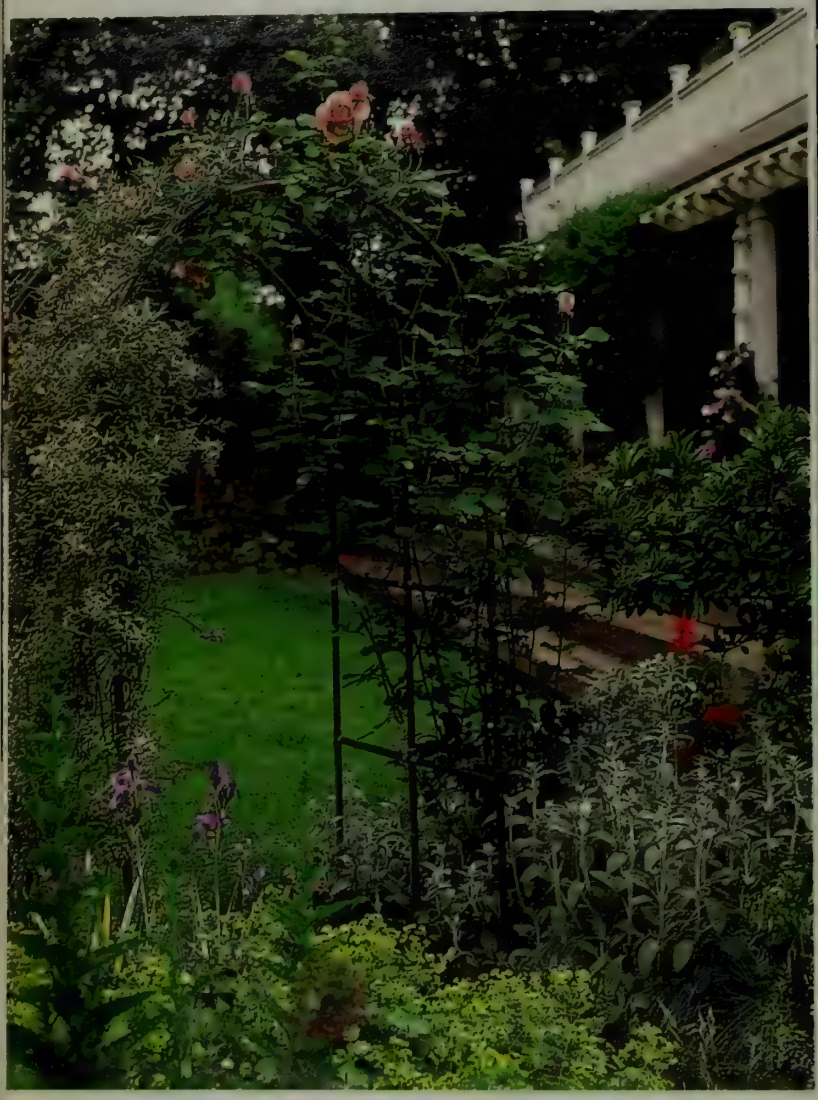
But don't let this garden impress you as being beyond your reach. "I'm employed full-time," Dulcy says. "I prune and plant, but I



garden getaway

BENCH AMONG BLOOMS
A simple curving bench, lacecap hydrangeas, and pots of colorful annuals decorate a cozy alcove, right.

GARDEN GATEWAY
An arch covered with Jupiter's beard and roses, below, *turns this garden entrance into an elegant welcome.*

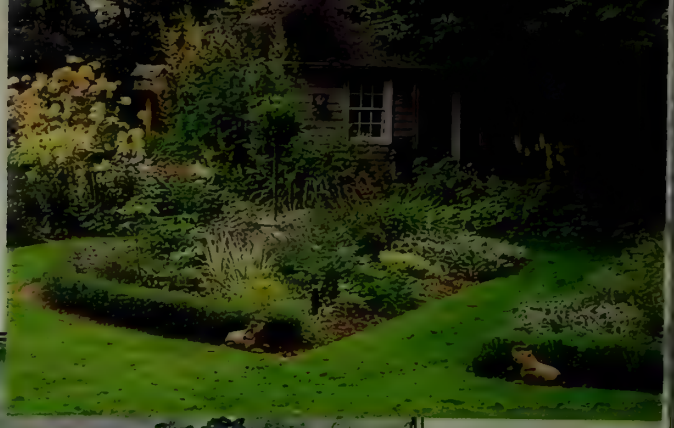


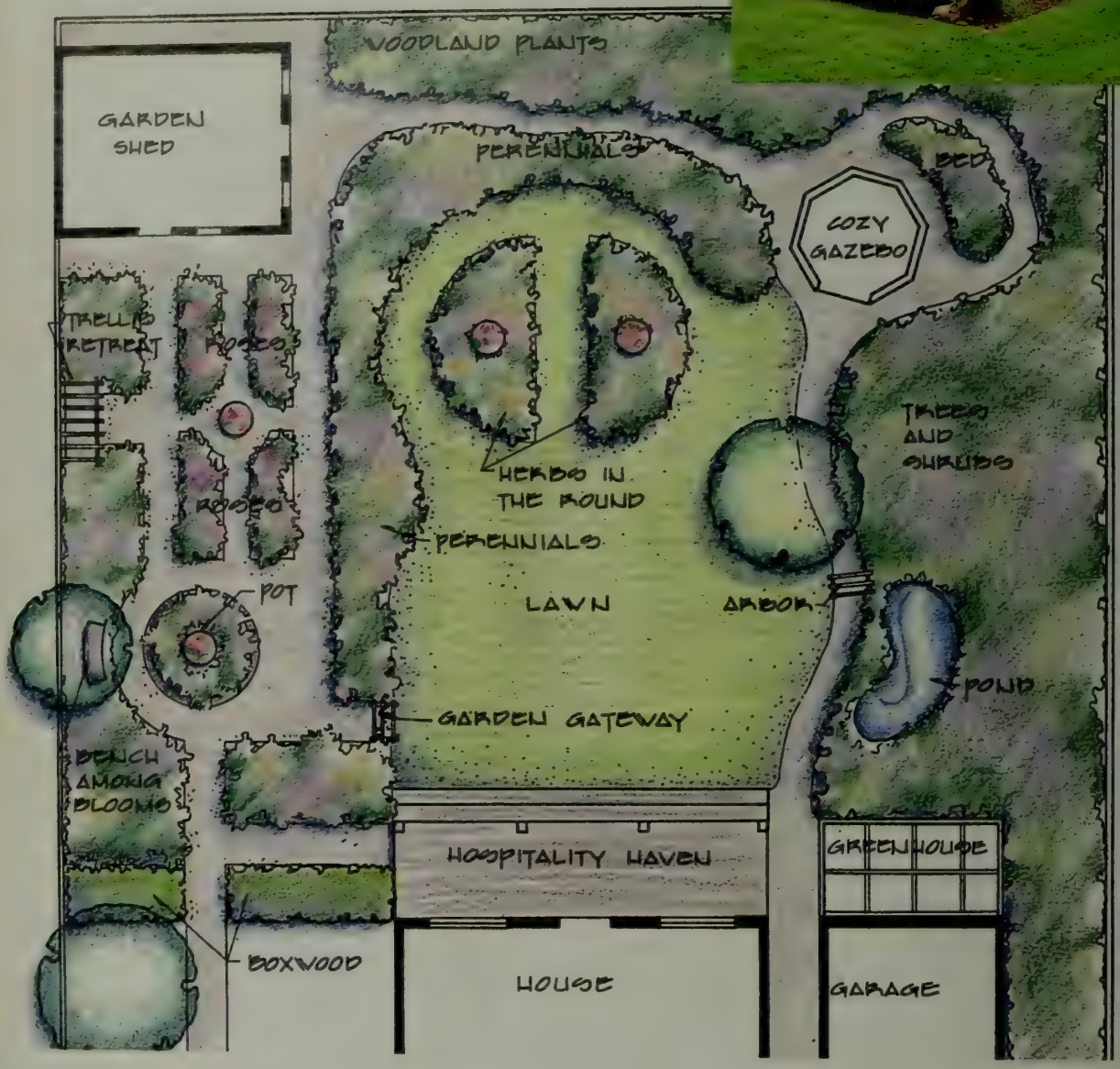
hire help for major cleanup tasks. I'm proof that you can have a nice garden with only occasional help." Dulcy also relies on her own shortcuts to make the most of gardening time. Some of her ideas might work for you.

Try perennials. "I concentrate on flowers that come back every year," she says.



garden getaway





HERBS IN THE ROUND. *Dulcy's love of herbs and vegetables inspired these symmetrical herb gardens,* above, *located just outside the garden house.*

GARDEN GETAWAYS. *To get an idea of what Dulcy's backyard looks like, match the getaway titles with the pictures in the story.*

Plant things closely together. "Tight plantings don't leave any room for weeds, and they give lush results," she says.

Create soft borders. "Imitate the English garden look," she says, "by outlining your gardens with gently curving lines, not straight ones."

Use low-maintenance plants. "The one plant I break the rule for is delphinium," she says. "I put in the extra effort to stake them up because they're so wonderful."

Start with good soil. "Soil preparation takes a lot of investment initially, but you only have to do it once," she says.

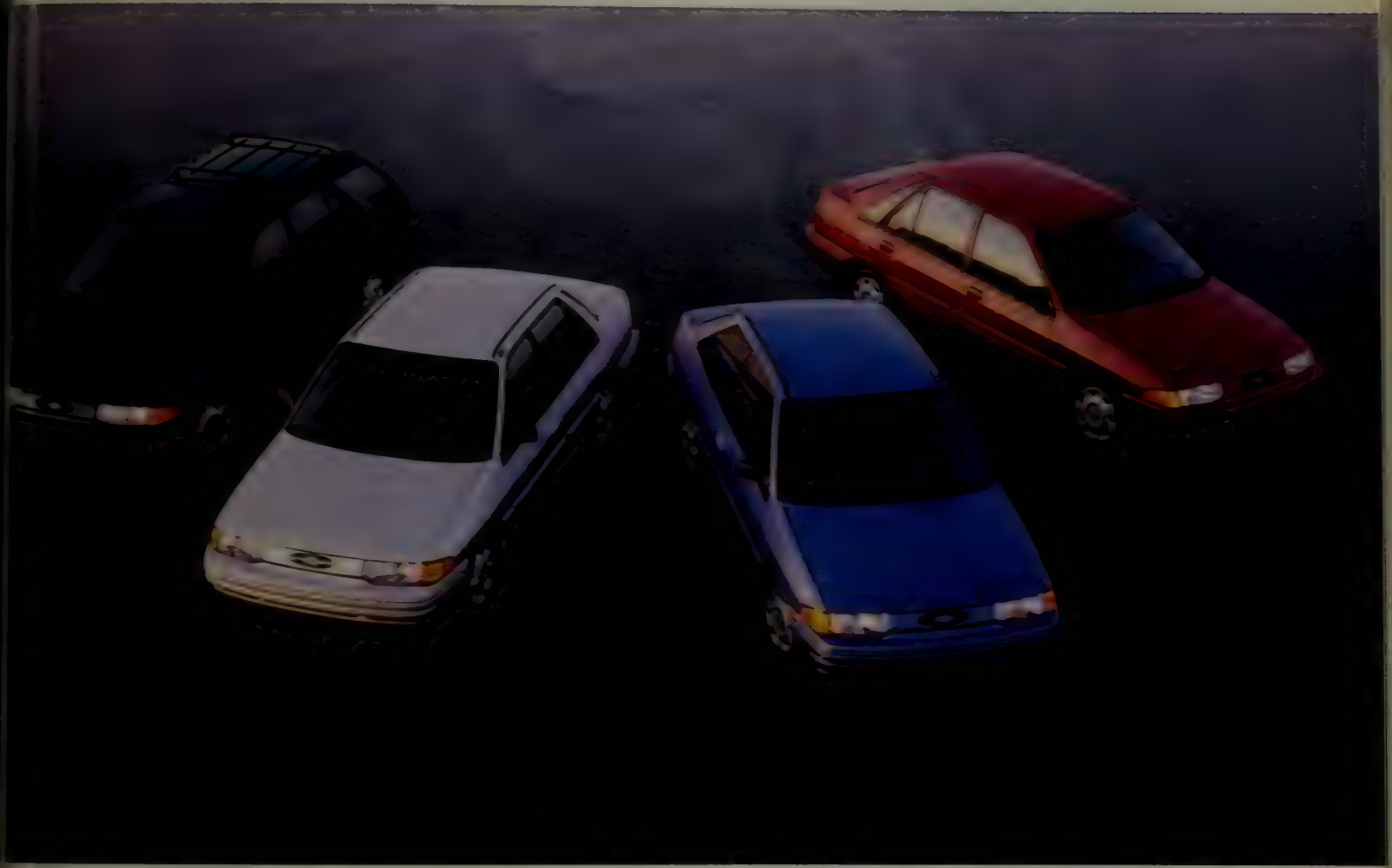
Remove spent blossoms. "Be faithful about deadheading," she says. "It keeps things blooming."

Buying information, page 136

To order a garden arch or plans for a gazebo or the trellis retreat, see page 104

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Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

OUTDOOR LIVING

Page 92: wicker chair—Pier 1 Imports; 800/44-PIER-1. **Wrought iron chair**—Brown Jordan, P.O. Box 5688, El Monte, CA 91734. **Pillow, cushion fabrics**—Sunbrella, Glen Raven Mills, 1831 N. Park Ave., Glenraven, NC 27217. **Towels,** "English Rose," "Berry," "Reindeer"—Martex, 1185 Ave. of the Americas, New York, NY 10036; 800/533-8229. **Pillow, cushion fabrication**—Calico Corners; 800/777-9933.

Page 98–99: wicker love seat, chairs, coffee table—Pier 1 Imports; 800/44-PIER-1. **Pillow, cushion, side curtain fabrics**—Sunbrella (address above). **Pillow, cushion, side curtain, awning fabrication**—Calico Corners; 800/777-9933. **Sconces**—Rowen-Taylor Antiques, 13025 Ventura Blvd., Studio City, CA 91604. **Lattice stain,** "Canvas"; **trim stain on shelf,** "Grey Mist"/"Alpine White"; **base stain,** "Limestone"—Thompson's Exterior Stains; 800/647-9352.

Page 100 (*top*): trim stain on shelf, "Grey Mist"/"Alpine White"—Thompson's Exterior Stains; 800/647-9352. **(Center): awning, side curtain fabrics**—Sunbrella (address above). **Sconce, hat rack**—Rowen-Taylor Antiques (address above). **Birdhouse**—Pier 1 Imports (address above). **(*Lower*): deck stain,** "Natural Redwood," "Colonial Blue," "Desert Tan," "Canewood"—Thompson's House & Deck Stains; 800/647-9352. **Pillow, awning fabric**—Sunbrella (address above).

Page 102: (*top*) awning fabric—Sunbrella (address above). **Awning fabrication**—Calico Corners; 800/777-9933.

LIVING WITH COLOR

Pages 110–119: bench—Gardener's Supply, 128 Intervale Rd., Burlington, VT 05401. **Roses**—Gardener's Supply (address above); Smith & Hawken, Two Arbor Lane, Box 6900, Florence, KY 41022-6900; Jackson & Perkins, P.O. Box 1028, Medford, OR 97501; Roses of Thomasville, Thomasville Nurseries, Inc., P.O. Box 7, Thomasville, GA 31799; Wayside Gardens, 1 Garden Lane, Hodges, SC 29695-0001.

HOMEMADE FOR FAMILY FUN

Pages 120–125: water garden kits—Waterford Gardens, 74 East Allendale Rd., Saddle River, NJ 07458; Van Ness Water Gardens, 2460 North Euclid Ave., Upland, CA 91786-1199.

LIVING BEYOND THE GARDEN GATE

Page 141: exterior lanterns—Val Maitino Antiques, 31 North Liberty St., Nantucket, MA 02554.

Pages 142–143: needlepoint rug—Paine Furniture Co., 323 Speen St., Natick, MA 01760. **Coffee table**—Weeds, 14 Centre St., Nantucket, MA 02554. **Flowerpots on mantel**—Rosa Rugosa, 18 Federal St., Nantucket, MA 02554.

Page 144: Welsh cupboard—Rosa Rugosa (address above).

Page 146: bed—Stephen Swift Inc., 34 Main St., Nantucket, MA 02554.

Page 148: armoire—Rosa Rugosa (address above).

GARDEN GETAWAY

Pages 126–135: trellis bench, arch—Jackson & Perkins, P.O. Box 1028, Medford, OR 97501; Smith & Hawken, Two Arbor Lane, Box 6900, Florence, KY 41022-6900; Gardener's Supply, 128 Intervale Rd., Burlington, VT 05401.

PRIZE TESTED RECIPES

Page 187 (*right*): plate, "Sunnyside Stripe"—Pottery Barn; for the store nearest you, 800/922-9934.

Architects & Designers

OUTDOOR LIVING

Pages 97–102: pavilion/interior designer—Joe Ruggiero & Assoc., 4312 Louise Ave., Encino, CA 91316.

LIVING WITH COLOR

Pages 110–119: landscape design—John Henderson, 4879 Academy St., San Diego, CA 92109.

HOMEMADE FOR FAMILY FUN

Pages 120–125: deck design—Richard Lagasse, 120 Everett St., Apt. No. 3, Arlington, MA 02174.

GARDEN GETAWAY

Page 126–135: garden design—Dulcy Mahar, 592 SE. Andover, Portland, OR 97202.

LIVING BEYOND THE GARDEN GATE

Pages 141–150: Architects—Bentley and Churchill, 308 Washington St., Nantucket, MA 02554. **Landscape design**—Marty McGowan, The Sconset Gardener, 88 Somersett Rd., Nantucket, MA 02554.



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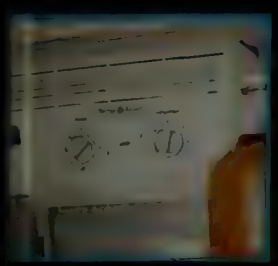
All you need is the right wardrobe to turn a plain-pane window into a decorative star. Whether you prefer the classics, high drama, or a little romance—as in this dreamy coupling of crisp white cotton and a ready-made sheer—we have the makings to dress even problem windows for success.

continued on page Z4


THE AMANA KITCHEN

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Reach for the ceiling to give a window prominence. This swag turns a plain casement into a dramatic stage for an artful pair

Layered for lushness

Though as special as an Easter dress, this pretty cover-up is easy to construct. The two dips of the floral swag consist of separate fabric panels—one short, the other long—that are tucked onto a wooden rod and pinned in place. Tossed over the top, a pink fabric creates another graceful layer as it hides the floral print's piecing. Slipped under it all, a petticoat of lace on café rings is easily whisked to the side when the window is opened.

continued on page Z8

ANOTHER REASON TO BUY PELLA WINDOWS AND DOORS

Pella® Windows feature options under glass.



Choose traditional wood windowpane dividers (shown) or create a special pattern just for your home.

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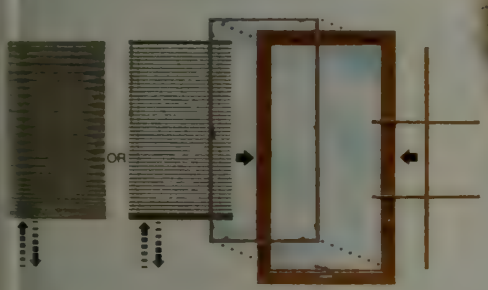


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"If people don't feel

does that say abou



John Hine, a Pontiac dealer like his father before him, knows that the best way to earn someone's t
to first earn their respect. And over the years, he's found that this applies to everyone from firs
customers to his own three children. John knows that what he says and does matters as much as th

I'm reliable, what

the cars I sell?"



General Motors

he engine and the feel of the seats. Which, if you think about it, makes perfect sense. Because not every-
is an automotive engineer. And not everyone knows exactly what a great car should sound like. But they
w respect when they hear it. And these days at General Motors dealerships, the sound is unmistakable.



Opposites attractive

With the quaintness of an apron, a ruffly Roman shade instantly charms the small double-hung window in this bedroom. In a surprise meeting of the moods, the country-flavored check is surrounded by a citified toile de Jouy wall covering. The fresh coupling puts both designs in an intriguing new light: the shade cajoles the seriousness from the formal toile pattern, and the toile takes the cute out of the gingham. The shade can be hitched up to admit light or lowered to meet a lace curtain, which is hung at half-mast to conceal a ho-hum view while breaking the sun's rays into delicate patterns of light and shadow. *continued on page Z12*

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Sheer delight

In this airy sunroom, where miniblinds would be too clean-cut and folds of fabric too heavy, simple cotton shades offer the right light touch on a problematic bank of windows. Made from French sheeting, a fine cotton that has more body than a voile, the shades lend privacy and filter sunlight to a dreamy glow. Each Roman shade lifts to a graceful arc because the guide rings and cords that operate it are stitched along the outside edges of each fabric panel's back side. The coverings are then stapled to a wooden headrail and mounted just above the window molding so that they hang neatly.

continued on page Z1

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There's something about Sunbrella fabric that makes even the most attractive homes more beautiful. ❧ Maybe it's the more than 90 stripes, solids and textures available for awnings and patio or deck covers. ❧ Maybe it's the nearly equal number of styles of Sunbrella fabric for outdoor furniture that enable you to get a beautiful coordinated look. ❧ Or maybe it's the quality of our acrylic fabric. Quality that puts vinyl fabric in the shade. ❧ Sunbrella is solution dyed too, so colors stay vibrant for years. And Sunbrella resists mildew, rotting and cracking. ❧ All this is reason aplenty for you to look for Sunbrella furniture fabric at better patio and casual furniture retailers, and Sunbrella awning fabric in the Yellow Pages under "Awnings and Canopies." And start making plans to turn your beautiful home into the most beautiful home in the neighborhood.

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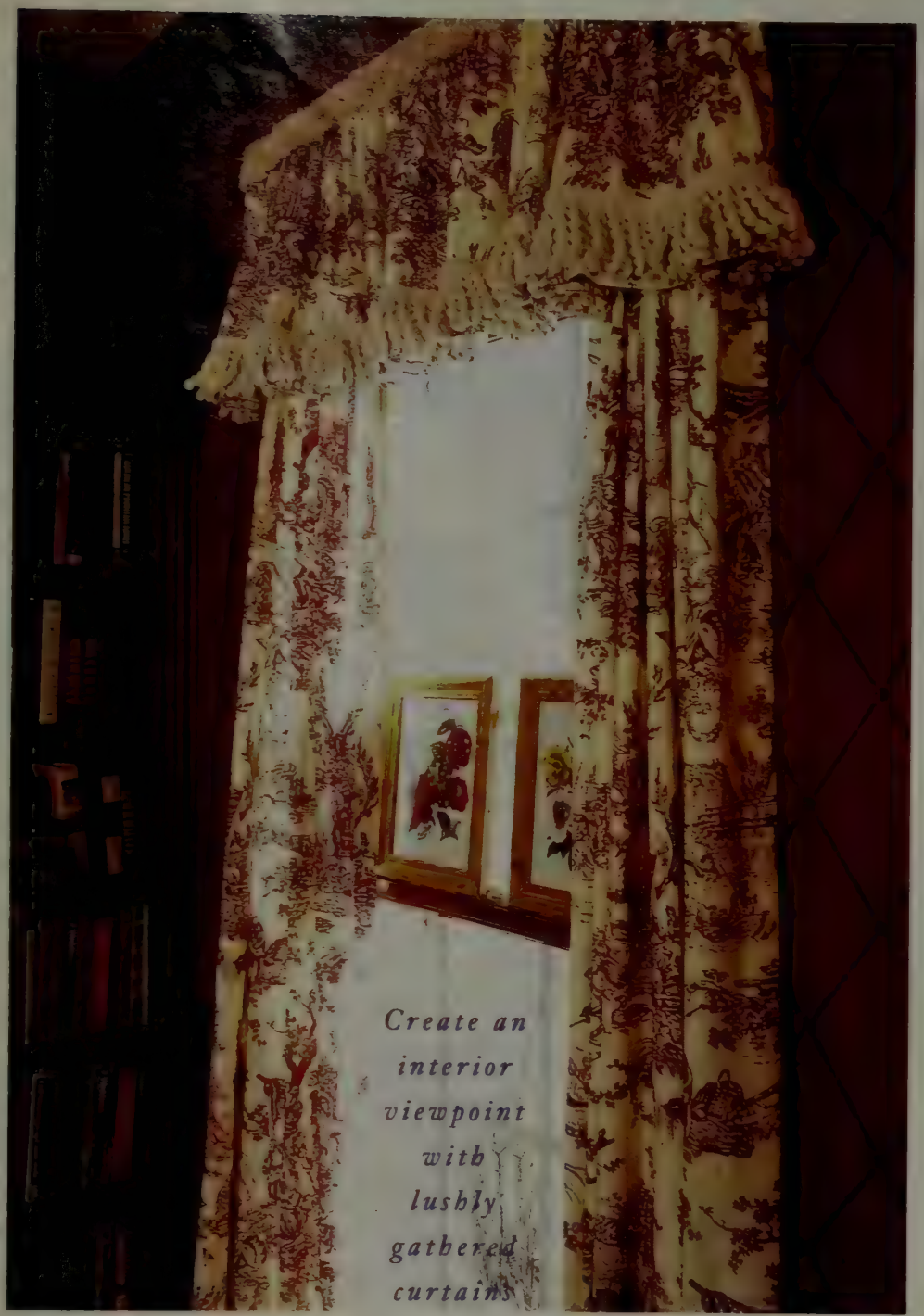
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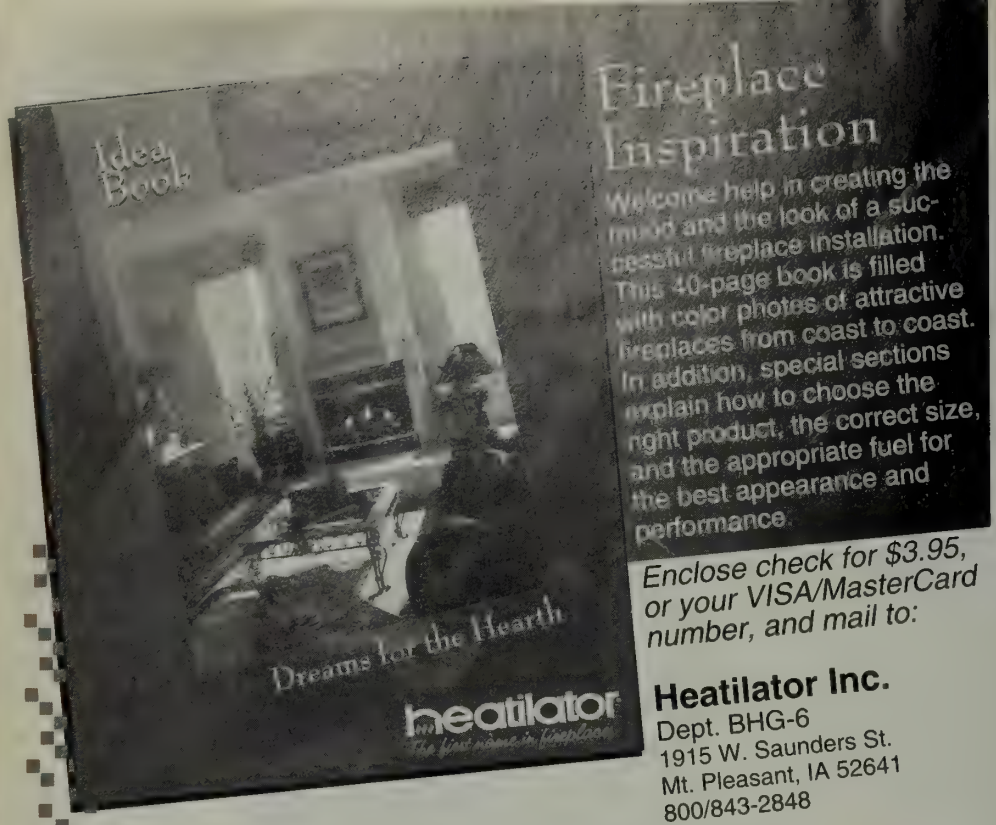
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Create an interior viewpoint with lushly gathered curtains and eye-catching trims.

Fringe benefit

Think of a dull or streetside view as a decorative window of opportunity. With everything to hide, you can opt for a treatment that allows generous gathers of your favorite fabric, such as this beautifully landscaped toile de Jouy, to spill in front of the panes. Here, a deep, fringe-trimmed valance adds a dramatic crowning touch while also balancing the height and weight of the room's imposing built-in bookcases and grandly scaled moldings. The fabric's red print on a cream background plays up a rich red wall covering while providing the right measure of light. *continued on page Z16*



Fireplace Inspiration

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Finding fabric for windows

Finding the basic ingredients for a beautiful window treatment can be frustrating, especially if the fabrics you want are sold through "to-the-trade-only" showrooms. There are, however, a growing number of sources for fine fabrics.

Working with designers: Some high-end fabric companies, such as Schumacher, Brunschwig & Fils, and Cowtan & Tout, sell their designs primarily through showrooms that are open only to designers. Made from fine fibers, these quality fabrics can be expensive ($100 a yard is not unusual).

If you live near a city with a design center, you may be able to visit fabric showrooms to "window shop." Without designer credentials you probably won't be able to buy fabric or take out samples, but you can see what is available.

A growing number of interior designers have set up shopping services that give you access to "to-the-trade-only" products. The designer might meet you at the design center and walk around with you while you shop; others simply take information you have gathered and place an order. The cost is usually the wholesale price plus a 25 percent markup.

Investigate new breeds of interior design services and even furniture stores to find a fabric that will dress your windows in style.

Even if you are not doing extensive redecorating, many interior designers will work with you on window treatments, and most have an extensive library of fabric samples. The designer will help you choose the fabric, and will have it made and installed to your specification. Normally the cost is based on the manufacturer's retail price for fabrics and trim plus the cost of labor and installation.

What's in store: These days most full-service fabric stores have at least a limited selection of decorative fabrics and trims in stock. Some, such as the nationwide chain called Calico Corners, specialize in a broad selection of decorative fabrics plus trims and hardware. Prices can range from under $10 per yard for seconds up to $35 for a fine woven design. The larger stores also offer workroom services so you can have window coverings made to order.

Don't overlook furniture stores as another source for decorative fabrics. Stores such as Ethan Allen, Thomasville, and Crate & Barrel will often sell yardage of the fabrics they offer for their upholstery. Those stores that have designers on staff can help you have the treatments made up and installed. Costs can range from under $5 per yard for inexpensive sheeting-weight fabric to $35 per yard and higher on more elaborate fabrics. ♦

tips, tools, & techniques

This is your column. It contains the best workshop shortcuts and home maintenance tips that do-it-yourselfers like you have discovered. See below for details on how to share your tips.

EASY-OPEN PAINT CAN

For an easy-opening but airtight seal on your paint can, coat the can and lid rims with vegetable shortening after cleaning off excess paint.

Alice Arnold
Cedar Falls, Iowa

GET TO THE POINT I

To keep nails from splitting wood, blunt the pointed nail end with a gentle tap from your hammer.

Jordan Liggitt
Durham, N.C.

GET TO THE POINT II

Here's a handy way to ensure smooth-driving nails that won't split wood. Drill a half-inch-deep hole in the end of your wood-handled hammer, and fill the hole with wax. Simply stick the nail in the wax before hammering.

David Crumpler
Vienna, W.Va.

TAKE THEIR MEASURE

Use a flexible cloth measuring tape (available at sewing centers) for those workshop projects that require measuring irregularly shaped objects.

Ed Robertson
Roseburg, Ore.

RUST BUSTER

If you don't have oil handy, loosen a rusted bolt or screw with a few drops of any carbonated soft drink. The acid in the soda will break up some of the rust.

Shirley M. Secord
Brown City, Mich.

SANDY DANDY CLEANER

To keep your hand tools clean, fill a metal bucket with dry sand. Then pour a quart of oil on top. Push the tools up and down in the bucket.

Amy Williams
Kansas City, Kan.

NO-MESS PAINT STRIPPING

After paint stripper has done its job, sprinkle the wood with sawdust to absorb the wet sludge. This will ensure a drip-free cleanup.

Ada Howard
Benton, Ky.

TOOLS FOR THE TILLER

Why lug your armload of small tools out to the garden every time you want to pull some weeds? Place an old mailbox onto the ground in your garden for storage of those gardening necessities.

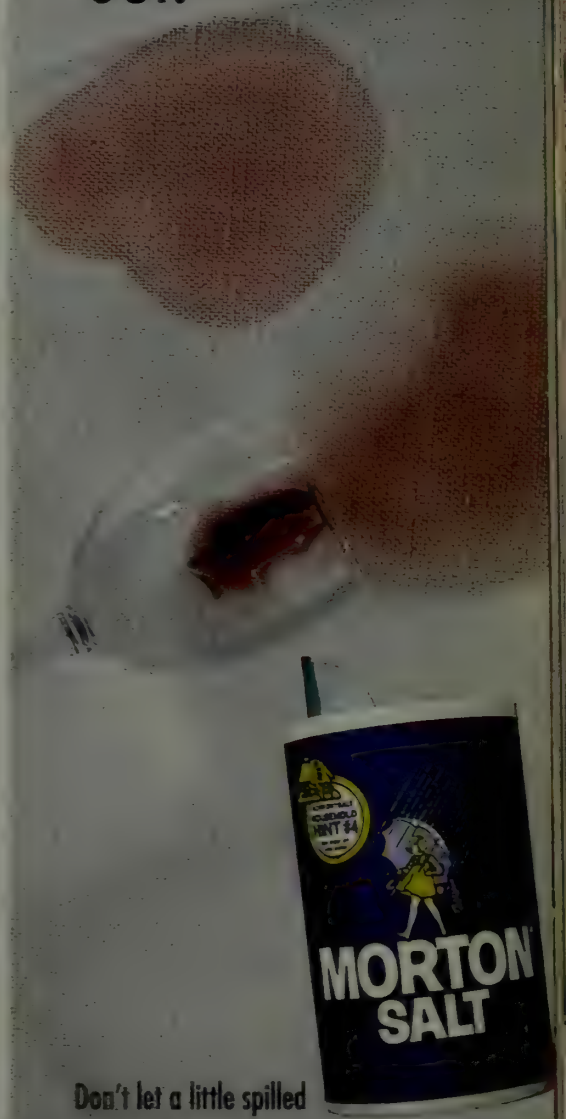
Jan Mitchell
Titus, Ala.

SEND US YOUR TIP

Mail your tip, along with a daytime telephone number, to Tips, Tools, and Techniques, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50309-3023. No food or cooking tips, please. We can't acknowledge or return your letters. If we buy your tip, we'll send you $25. We reserve the right to edit tips we buy and to use them in any way for as long as we like. We don't accept previously published tips or ideas.

HINT #4

Get the reds out.



Don't let a little spilled burgundy ruin your dinner party—or your nice cotton tablecloth. Immediately pour enough Morton® Salt directly on the stain to soak up the liquid. Immerse the fabric for 1/2 hour in cold water. Launder as usual. Then toast one of the most economical, effective and safe household helpers: Morton® Salt. For more tips, write: Morton Salt Tips, Dept. C, Chicago, IL 60606-1597.

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Living beyond the garden gate



Sometimes a passion for gardening refuses to be contained by the stone border of a flower bed, a gated entrance, or even the front door. Such is the way the garden grows in this Nantucket home, where springtime colors and the soft bloom of a flower inspire fresh and friendly rooms.

by Sandra S. Soria



beyond the garden gate

According to avid gardener Susan Lee, you can't top Mother Nature when it comes to good design. So, when Susan brings home a swatch of fabric, it's likely to be scattered with blooms as soft and pretty as the ones that grow beyond her back door. And when she puts brush to canvas in creating one of her watercolor paintings, she's usually transferring the vivid, translucent shade of a freshly unfolded petal. Even when she looks to her window, she'd prefer it be decorated from the outside in with a view of a pretty garden scene. Decorating, gardening, painting—they all seem to come, quite literally, naturally to Susan. But as she will also tell you, and her husband Jeff will attest to, making them flow together as if effortlessly takes, well, effort.

Shapely chairs invite passersby to stop and enjoy the flowers at the Lee home. In the living room, family pieces were re-covered in airy prints to match a blooming designer sofa the Lees bought at first sight from a warehouse sale. Nestled into a border of roses and goldenrod, secondhand Adirondack chairs afford a view of their home's charming facade.




The Garden Book
MONET

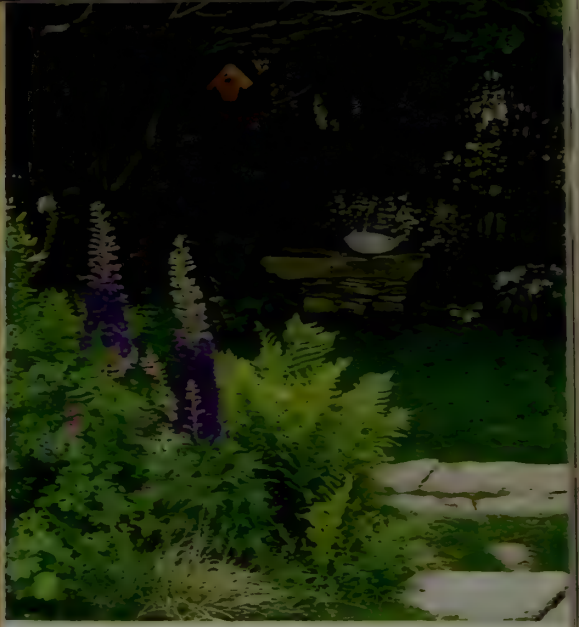
beyond the garden gate

In contrast to homeowners in suburban neighborhoods who work to distinguish their homes from cookie-cutter building, folks on Nantucket prefer to have homes that look like the other houses on the block. It's part of the postcard-perfect charm of the Eastern seaboard resort island, not to mention a part of the building code. So full-time residents Susan and Jeff planned carefully and called on the services of local architects and a landscaper when building their home in 1991. They envisioned a classic gabled and shingled house that looked "as if it had always been here," rich with architectural detail and nestled into lush greenery.

Inside, they worked to make the traditional design live the way they wanted it to

Decorating comes together sometimes by chance, but often by challenge. Drawn to its sunny yellow backdrop, Susan's instincts told her a Welsh cupboard spotted in a local shop was the perfect relief for a bank of gridded panes. The floral floor-sample sofa is just as loved but not as easy to work in; Susan brought home dozens of large swatches before handpicking pillow and chair covers to plant near it.





Gentle treats for the eye live in the nooks and crannies of this house, from the freshly picked and china-painted roses that pair up in the Welsh cupboard to the delphiniums and ferns that snuggle in the shade garden.

by creating an open floor plan. In their plan, rooms not only open up to each other to encourage relaxed family times for themselves and their two teenage daughters, but to the outdoors as well. "Both Susan and I love the sunshine and need to be connected to the outdoors," says Jeff. "We opened up the southern-facing back of the home with a series of French doors to bring in as much light as possible. And we avoided fussy window treatments that would have been a roadblock to the outdoors." White walls stay out of the way, too, keeping the focus on the furniture and flowers.

Despite the forethought that went into the building and landscaping

continued on page 148



beyond the garden gate

The master bedroom is as simple, soft, and colorful as the flowers Susan tends in her garden. "I find comfort in simple elements," says Susan, "light, texture, and color." A basket of shells, a weather-enhanced bench, and a mohair throw gather into a touchable trio. Mellow woods and a bed of flowers (plus the blooms in Susan's own watercolor) complete the natural interior landscape.

The house sits high on a small lot, so the grounds are terraced with stone steps that sweep up to the patio. Roses were planted in a raised bed at terrace level so the Lees could enjoy them from the living room.



of their home, bringing the decorating and the gardens to full blossom was a delightful process of trial and error for Susan. "I experiment with different elements until something pleases me," says Susan. "If something doesn't look right, I can't look at it, which is why I've returned lots of rugs."

Susan calls the way she furnishes "decorating by feel," and it has evolved both out of her love of painting and the technique she's long used in her garden, where many plants find they're not rooted for long. "I sort of look at my rooms and flower beds as living paintings," she says. "I'm constantly rethinking and recomposing." Before she plants anything permanently in a room, she

Susan learned from her garden not to crowd a flower bed or a bedroom. A wardrobe and artwork all in one, the painted armoire in daughter Sarah's room not only holds its own against strong gabled architecture, it holds a lot of clutter, from electronics to sweaters. Shirley poppies, right, take the garden spotlight from midsummer till fall.





tests it visually, bringing home large swatches of fabric or even borrowing large pieces of furniture before committing. "I always decorate on a budget," says Susan. "So when I buy, I buy carefully."

The pieces she selects are often works of art in themselves, distinctive in both shape and finish. Her garden has taught her not to allow these singly beautiful objects to get lost in a crowd of stuff, but to keep the overall look of a room simple and free of clutter so that each piece of furniture, like each glorious flower, gets noticed.

But if rooms and furniture have to pass a tough visual test, they also have to make it through the Lee livability requirements. "If I bring home anything too precious, I hear endless complaints from my family," she says. "And I agree that, above all, a family home should be easy to live with." ⌂

Buying information, page 136

beyond the garden gate



***"I've tried to orchestrate my garden** like a show," says Susan. "The spotlight moves as each flower has its season." To accomplish her floral choreography, Susan begins, not on paper, but on a chair—or rather, several chairs. "Before I plant anything," says Susan, "I sit at various places in the house and even on the patio to check the vantage point. From there, with the help of landscape artist Marty McGowan, I determined what I wanted to see and what to screen." Viewed from the living room, a raised bed of cottage flowers, including pansies, nasturtiums, and geraniums, is planted for successive bloom.*

***They call the house "Grandiflora"** (abundant flowers), so Susan and Jeff start early each season to see that their home fulfills the promise. By planting window boxes in early May and nurturing them on the protected back patio (and in the dining room on cool nights), the Lees have blooms spilling to first-floor windows by June. Planted with fuchsia, New Guinea impatiens,*





Swan River daisy, vinca, and geraniums, each box is a miniature garden.

***These antique hydrangea bushes are thriving** because Susan waters them daily with soaker hoses. All doubles, the plants were salvaged from an old estate. This variety (Hydrangea macrophylla) is prized because it blooms from July to October, when summer's purple blooms fade to the muted colors of fall.*



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Our Best RECIPES

This month, you'll find:

Tempting Recipes for Picnics and Potlucks p. 154

Readers' Prizewinning Recipes

Best-Ever Grilled Dinners

Summertime Pies p. 187

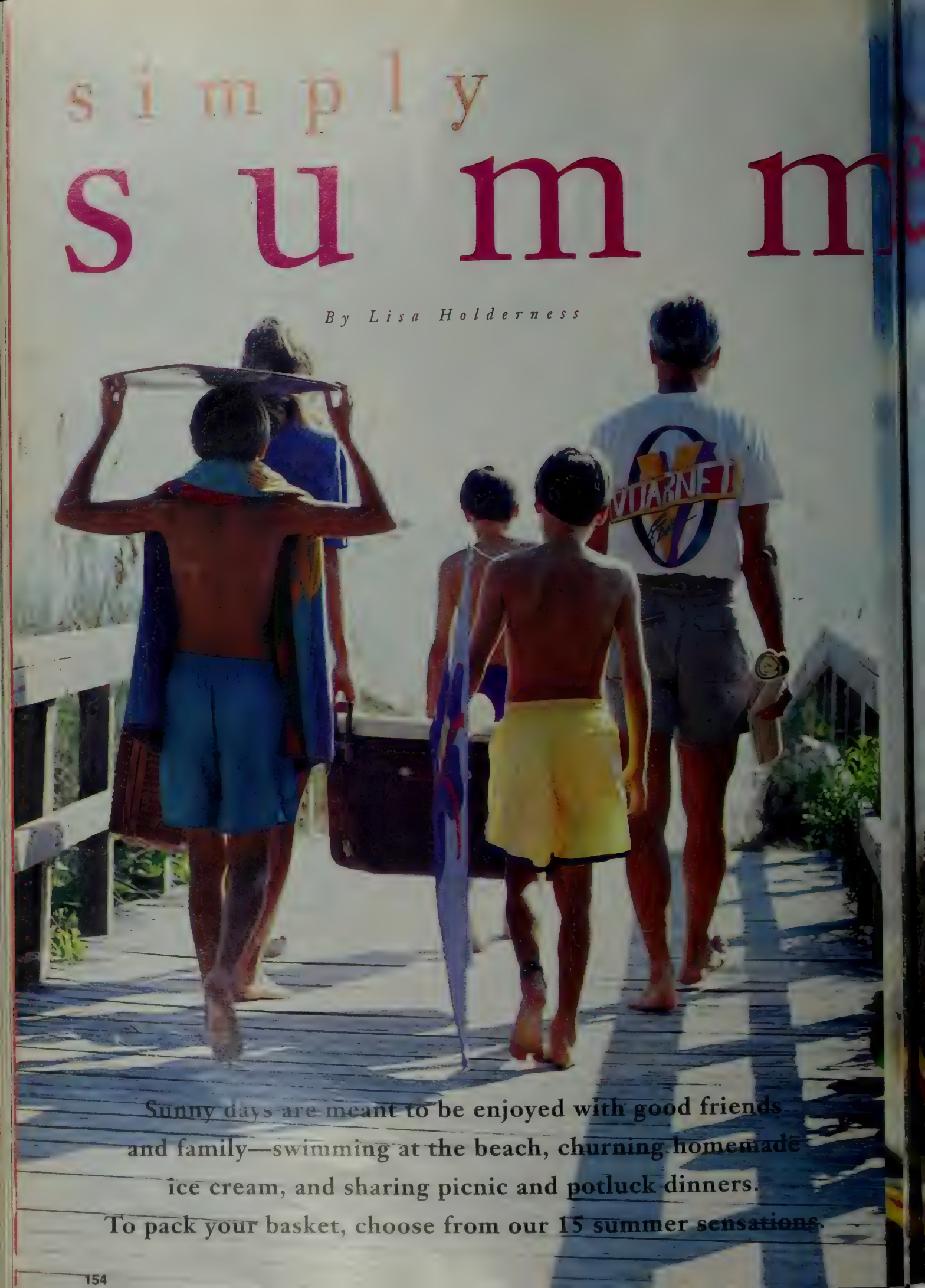


Banana Split Cake p. 164

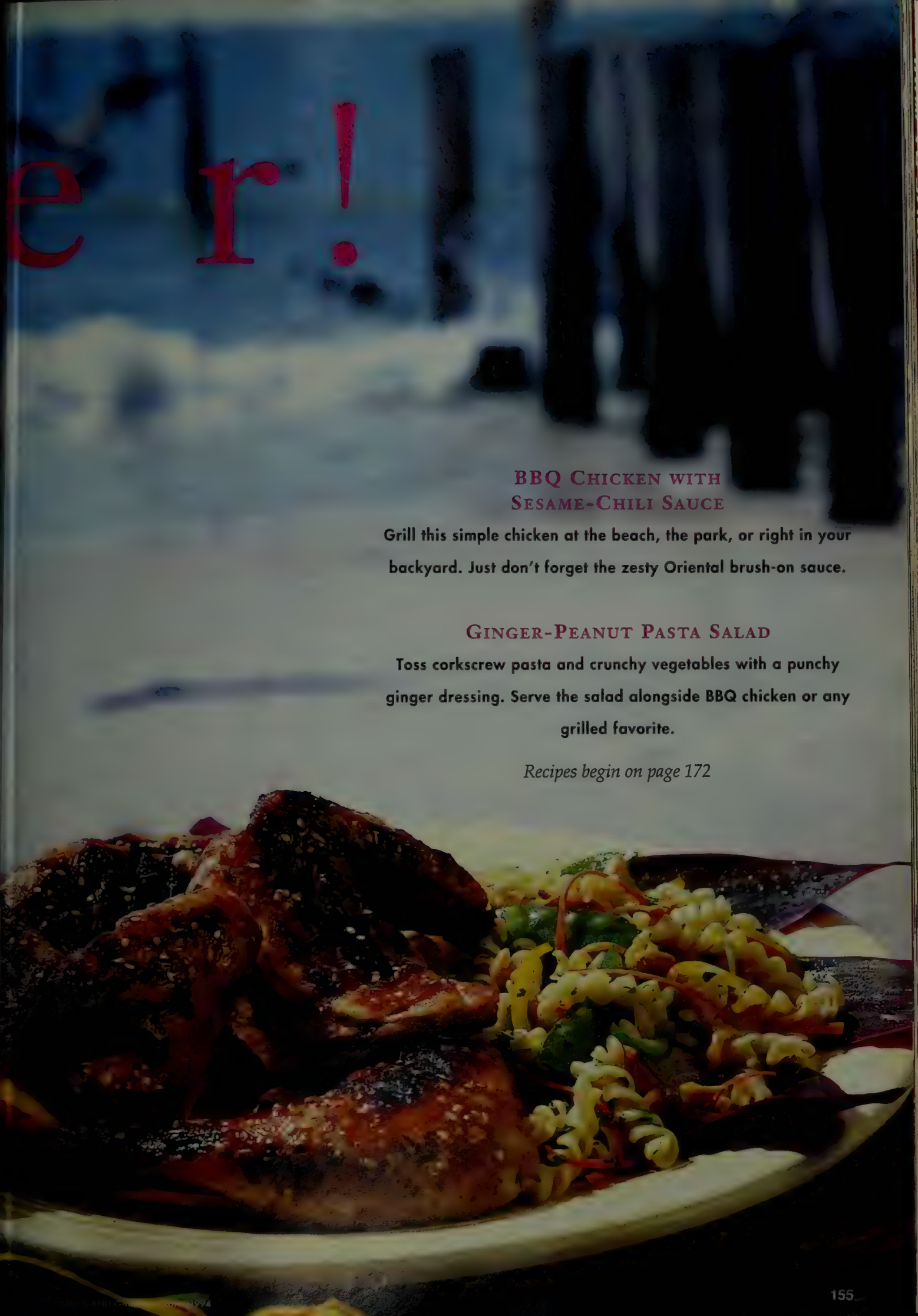
PHOTOGRAPHS: LAURIE BLACK. FOOD STYLIST: DORA JONASSEN. PROP STYLIST: PATRICIA CAMPLNTER

simply summ

By Lisa Holderness



Sunny days are meant to be enjoyed with good friends and family—swimming at the beach, churning homemade ice cream, and sharing picnic and potluck dinners. To pack your basket, choose from our 15 summer sensations.



BBQ Chicken with Sesame-Chili Sauce

Grill this simple chicken at the beach, the park, or right in your backyard. Just don't forget the zesty Oriental brush-on sauce.

Ginger-Peanut Pasta Salad

Toss corkscrew pasta and crunchy vegetables with a punchy ginger dressing. Serve the salad alongside BBQ chicken or any grilled favorite.

Recipes begin on page 172



Summer Salsa

Pa[illegible] a tangy sauce so it marinates as you play. After grilling,
[illegible] festive apricot and jalapeño salsa.



simply summer

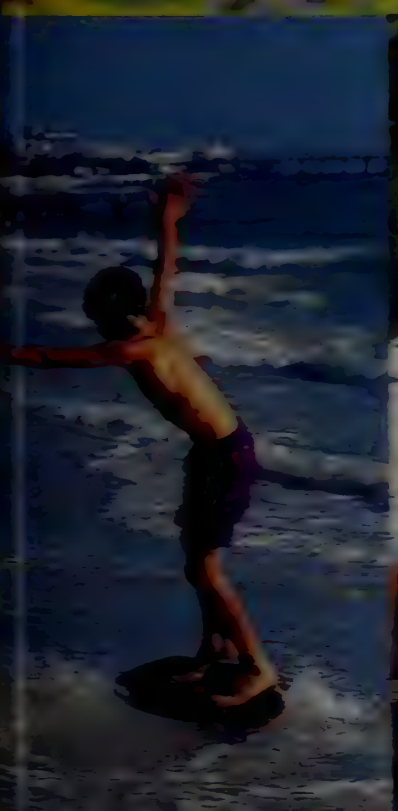
Grilled Burgers Italiano

Burger flippers to your marks! Grill sweet peppers alongside the beef and sausage burgers, then pile them on too and smother in cheese.

Roasted New Potato Salad

What's a picnic without potato salad? Surprise your crew with this updated tuna and new potato version that's tossed with vinaigrette.

Recipes begin on page 172









Peach and Almond Crisp

Tuck juicy summer peaches under a blanket of crisp, buttery almond streusel for this old-time dessert.

Frosty Chocolate-Cherry Yogurt

Get the whole family involved in the churning (and sampling) of this frosty, low-fat treat.

Raspberry Citrus Bars

Show up with a plateful of these irresistible berry cookies and you'll be the star of your gathering.





simply summer

Recipes begin on page 178

simply summer

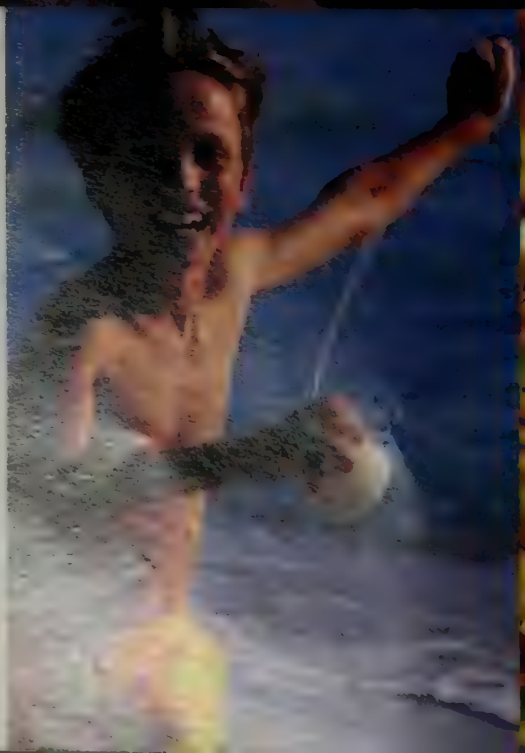
Recipes begin on page 180

Garden Zucchini Pie

Turn ever-popular hash browns into a crispy crust for this totable zucchini and cheddar side dish.

Sunset Fruit Compote

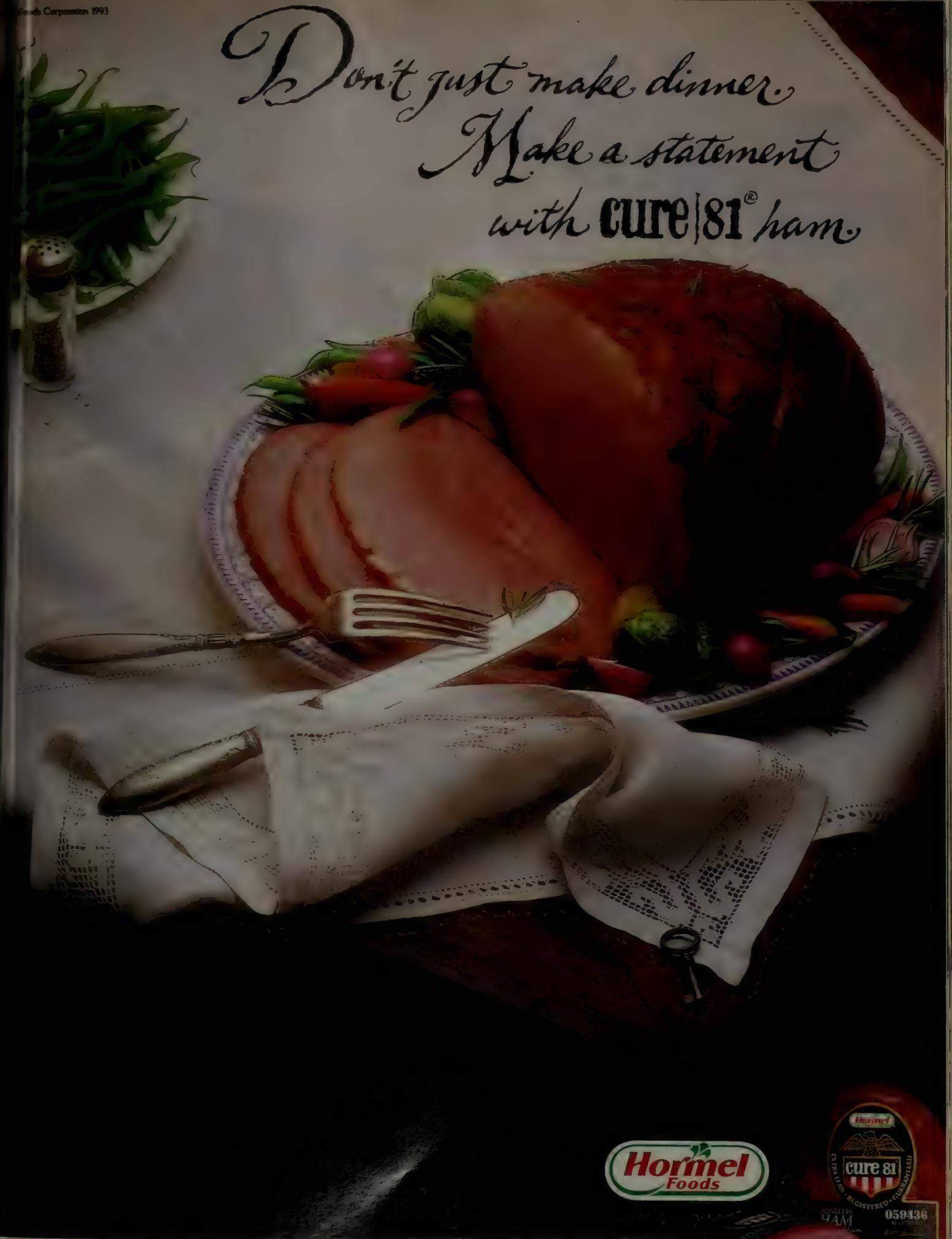
Brighten your food table with a shimmering bowlful of summer fruit in minted lemonade.





Foods Corporation 1993

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Fiesta Pork Burritos

Slice about a pound of boneless **pork loin** into strips and stir-fry with one teaspoon **vegetable oil** and sliced **onion**. Stir in an 11-ounce can of drained **corn** and toss with two teaspoons taco seasoning. Roll up portions in four warmed **flour tortillas** and serve with salsa, rice and beans. Serves four.

Nutrient information, approximately, per serving: 513 g protein; 5 g saturated fat; 66 mg. cholesterol.

For recipes, send a self-addressed, stamped, business-size envelope to:
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Nutrient analysis done by The Food Processor II Diet Analysis Software. Pork data from USDA Handbook 8-10 (1991).

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Great Ideas for

THE GREAT OUTDOORS

It's time for those special meals of summer — picnics, potlucks and backyard barbecues. For your next outdoor gathering, try these delicious recipes from Better Homes and Gardens® advertisers. With a proof of purchase, you can save big on the new BH&G® cookbooks featured below.

Look for the products called for in these recipes on the following pages in this issue:

National Pork Producers Council. 162
Triscuit. 126
Ortega. 152
Fleischmann's Margarine. . . 183,185

Honey Apple Ribs

- cup bottled barbecue sauce
- cup honey
- cup apple jelly
- cup catsup
- cup water
- cup finely chopped celery
- Tbsp. brown sugar
- tsp. sweet pickle relish
- tsp. prepared mustard
- tsp. ground cinnamon
- lb. pork loin back ribs, cut into 2- to 3-rib portions

In a medium saucepan combine barbecue sauce, honey, jelly, catsup, the 1/4 cup water, celery, brown sugar, relish, mustard and cinnamon. Cook and stir over medium heat till bubbly. Reduce heat. Simmer, uncovered, about 15 minutes, stirring frequently. Remove from heat; cool.

Meanwhile, place ribs in a Dutch oven. Add water to cover. Bring to boiling. Reduce heat and simmer, covered, 45 minutes or till tender. Drain. Cool slightly. Place ribs in 3-quart baking dish; pour cooled sauce over ribs. Cover and chill several hours.

Before serving, remove ribs from sauce. Reserve sauce. Grill ribs directly over *medium* coals or broil 4 to 5 inches from heat for 15 to 20 minutes, turning and brushing with sauce once. (Watch closely to prevent burning.) Heat any remaining sauce till bubbly; pass with ribs. Makes 5 servings.

While you're waiting for the grill to heat up, Triscuit® whole wheat wafers hit the spot! Keep plenty on hand for your summer barbecues and picnics. . . because nothing handles your hunger like a Triscuit!

Grilled Vegetables with Lemon and Herbs

- 1 medium eggplant (about 1 pound)
- 1 large red onion (about 8 ounces)
- 1 large red pepper
- 1 large zucchini (about 8 ounces)
- 1/3 cup lemon juice
- 2 Tbsp. FLEISCHMANN'S Margarine, melted
- 1 tsp. rosemary leaves, crushed
- 1 tsp. thyme leaves, crushed
- 8 large mushrooms
- 2 cups cooked brown rice

In large Dutch oven, over high heat, heat a 2-inch depth of water to a boil; add eggplant, onion, pepper and zucchini. Reduce heat to low; cover and simmer 5 to 10 minutes or until pepper and zucchini are tender-crisp. Remove pepper and zucchini to plate to cool. Cover Dutch oven; cook onion and eggplant for 10 to 15 minutes more or until fork tender. Remove to plate to cool.

Cut zucchini, pepper and onion lengthwise in half; discard seeds from pepper. Cut eggplant crosswise into 8 slices.

In small bowl, combine lemon juice, margarine and herbs. Grill eggplant, onion, pepper, zucchini and mushrooms over medium coals or broil 6 inches from heat source for 10 to 12 minutes, turning occasionally and basting with lemon mixture frequently. Serve over rice. Makes 8 servings.

Ortega Chicken Tacos

- 3/4 pound skinless, boneless chicken breasts, cut into 1/2-inch cubes
- 2 Tbsp. cooking oil
- 1/2 cup chopped scallions
- 1/2 cup chopped green pepper
- 1 12-ounce jar ORTEGA Mild, Medium or Hot Thick and Chunky Salsa
- 1 1/2 cups Sargento Fancy Shredded Cheddar Cheese (about 6 ounces)
- 1 11-ounce can corn with red and green peppers, well drained
- 1 4.8-ounce package ORTEGA Taco Shells

Cilantro for garnish

In large skillet over medium heat, cook chicken in hot oil for 2 minutes, stirring constantly. Add scallions and pepper; cook 5 minutes more or until chicken is no longer pink and vegetables are tender. Drain mixture; set aside.

In same skillet, combine 1 cup salsa, 1 cup cheese and corn. Cook over low heat until cheese melts. Add chicken mixture; heat through. Heat taco shells according to package directions; fill with chicken mixture. Top tacos with remaining salsa and cheese. Garnish with cilantro, if desired. Serve hot. Makes 10 tacos.

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Simply Summer Recipes

continued from page 160



BANANA SPLIT CAKE

Banana split lovers will find this cake, with strawberry, pineapple, and hot fudge fillings, every bit as satisfying as the real thing.

- 1 recipe Homemade Banana Layer Cake (see recipe, below middle) or one 2-layer-size banana cake mix
- 2 cups sweetened whipped cream* or 6 ounces frozen whipped dessert topping, thawed
- 1 cup sliced fresh strawberries
- 1 8¼-oz. can crushed pineapple, well drained
- 1 11- to 12-oz. jar fudge ice-cream topping
- ½ cup chopped peanuts

Prepare the Homemade Banana Layer Cake or, if using banana cake mix, prepare according to package directions for a two-layer cake.

For fillings, divide whipped cream or dessert topping in half. Fold berries into *half* of the whipped cream. Fold drained pineapple into the other *half* of the whipped cream. In a small saucepan heat and stir fudge ice-cream topping over low heat just till warm (not hot).

To assemble, using a serrated knife, split each cake layer in half horizontally. Place bottom of one split layer on a serving plate. Top with the strawberry-cream mixture, spreading to edge of the cake layer. Place another split cake layer atop. Spread with *half* of the warm fudge topping, letting it drizzle down the sides. Sprinkle with *half* of the nuts.

Top with another split cake layer. Spread with the pineapple-cream mixture. Top with remaining split cake layer. Spread remaining warm fudge topping atop cake, letting some of it drip down the sides of the cake. Sprinkle top of the cake with the remaining chopped nuts. Serve immediately or cover loosely with plastic wrap, placing a few toothpicks in top of the cake so the wrap doesn't stick to the topping, and chill for up to 2 hours. If desired, garnish with banana slices. Makes 12 servings.

***Note:** For 2 cups sweetened whipped cream, in a chilled mixing bowl combine 1 cup whipping cream and 1 tablespoon sugar. Beat with chilled beaters of an electric mixer on low to medium speed just till soft peaks form (tips curl). Do not overbeat.

***Make-ahead tip**: To freeze baked cake layers, wrap layers individually in freezer wrap and freeze for up to 1 month. To serve, thaw wrapped cake layers at room temperature, then split and assemble.

Nutrition facts per serving: 509 cal., 25 g total fat (11 g sat. fat), 63 mg chol., 230 mg sodium, 68 g carbo., 2 g fiber, 8 g pro. Daily Value: 12% vit. A, 16% vit. C, 7% calcium, and 11% iron.

HOMEMADE BANANA LAYER CAKE

Use this easy one-bowl cake for the Banana Split Cake or frost it with any frosting recipe that will cover a two-layer cake.

- 2 cups all-purpose flour
- 1½ cups sugar
- 1½ tsp. baking powder
- ¾ tsp. baking soda
- ½ tsp. salt
- 1 cup mashed ripe banana (3 medium)
- ½ cup buttermilk or sour milk*
- ½ cup shortening
- 2 eggs
- 1 tsp. vanilla

Grease and flour two 9x1½-inch round baking pans; set aside.

In a large mixing bowl combine flour, sugar, baking powder, baking soda, and salt. Add banana, buttermilk or sour milk, shortening, eggs, and vanilla. Beat with an electric mixer on low speed till combined. Beat on medium speed for 3 minutes. Pour into prepared pans.

Bake in a 350° oven 30 minutes or till a toothpick inserted near center comes out clean. Cool on wire racks 10 minutes. Remove from pans; cool completely on racks. Serves 12.

***Note:** To make ½ cup sour milk, combine ½ cup milk with 1½ teaspoons lemon juice or vinegar and let stand for 5 minutes before using.

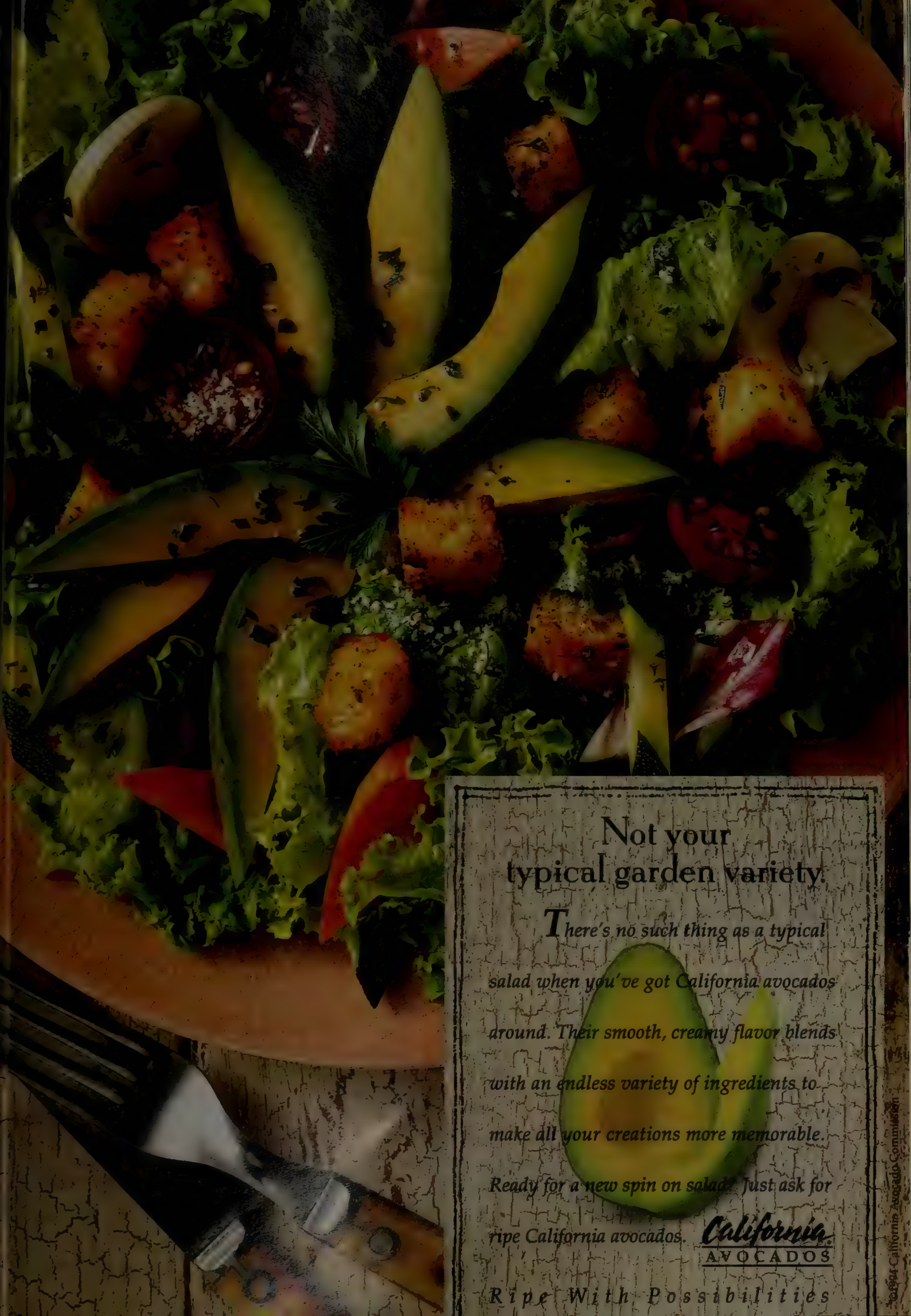
Nutrition facts per serving: 294 cal., 11 g total fat (3 g sat. fat), 36 mg chol., 235 mg sodium, 47 g carbo., 1 g fiber, 4 g pro. Daily Value: 1% vit. A, 4% vit. C.

TOTING HOT FOODS

Keeping hot dishes hot at picnics and outdoor gatherings gives you better flavor and guards against food-borne illness.

Just before you leave home, take the hot foods from the oven. If desired, transfer hot food (such as baked beans, soups, or casseroles) to an electric slow crockery cooker for extra insulation. Wrap the covered dish, container, or crockery cooker in heavy foil, several layers of newspaper, or a heavy towel. Then, place in an insulated container to tote. The food should stay hot for up to 2 hours. If there is electricity at your picnic spot and you have a crockery cooker, your food will stay warm for hours on the low-heat setting (add additional liquid as needed).

continued on page 170



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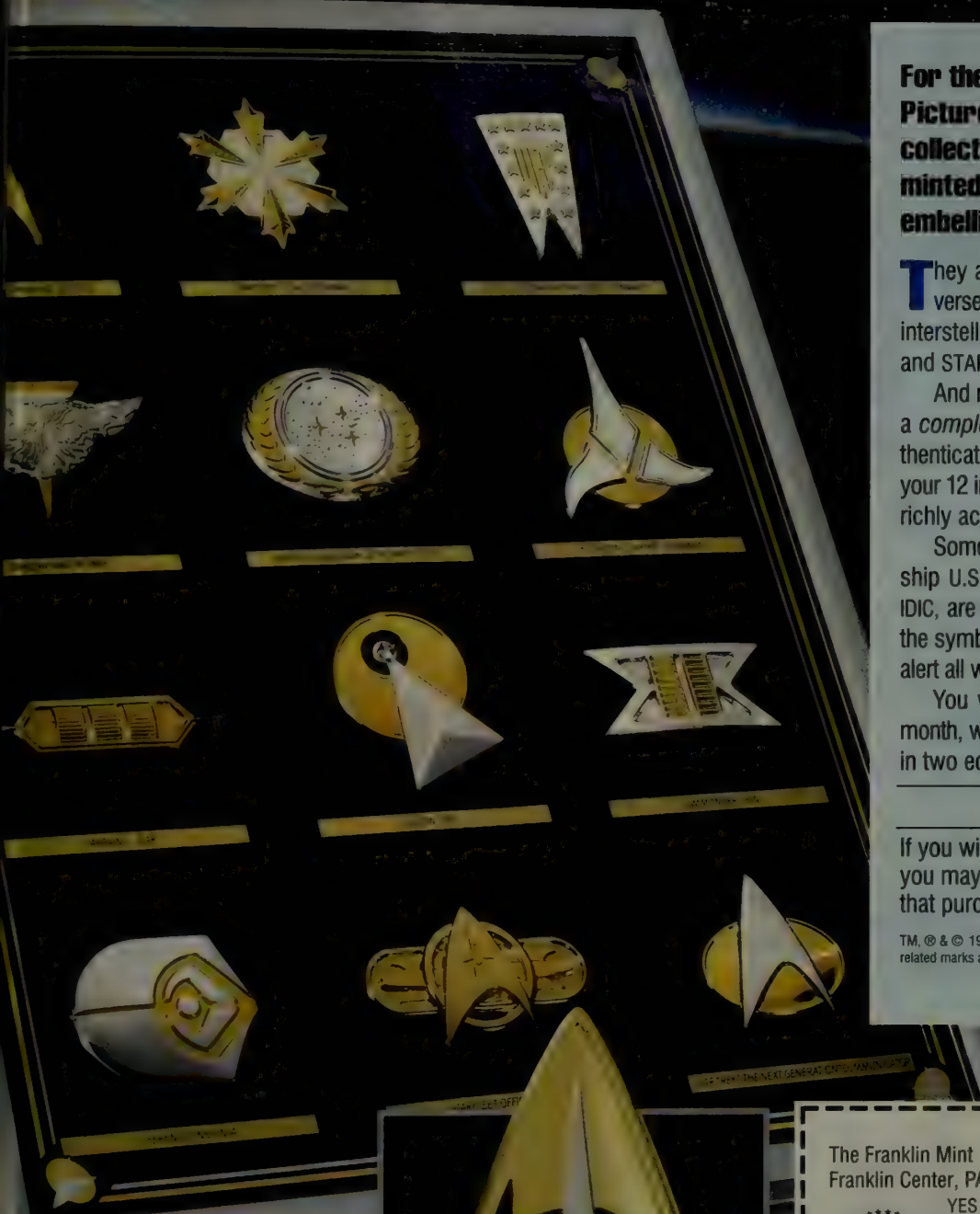


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continued from page 164



When it's your turn to bring the baked beans, add extra zing with apples, curry powder, and mustard seed.

CURRIED BEANS AND APPLES

You can bake and tote this picnic favorite in a crockery cooker.

- 6 slices bacon
- 1 cup chopped onion
- 2 31-oz. cans pork and beans with tomato sauce
- 2 medium baking apples (such as Granny Smith or Rome Beauty), peeled, cored, and cut into bite-size pieces
- ½ cup catsup
- ¼ cup packed brown sugar or light molasses
- 4 tsp. mustard seed or coarse-grain brown mustard
- 3½ to 4 tsp. curry powder
- 2 tsp. Worcestershire sauce

In a medium skillet cook bacon till crisp. Remove the bacon, reserving 2 *tablespoons* drippings. Drain and crumble bacon. Wrap and chill bacon. Cook onion in reserved bacon drippings over medium heat till tender but not brown.

In a 3- or 4-quart casserole combine onion, pork and beans, apples, catsup, brown sugar or molasses, mustard seed or mustard, curry powder, and Worcestershire sauce.

Bake, uncovered, in a 350° oven for 1 hour or to desired consistency, stirring frequently. Before serving, top with the crumbled bacon. For toting information, see tip on page 164. Makes 12 side-dish servings.

Crockery cooker method: Prepare as directed except place ingredients in a 3½- or 4-quart electric slow crockery cooker instead of the casserole. Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours.

Make-ahead tip: Prepare the recipe as directed but, instead of baking, cover and chill mixture for up to 24 hours. Bake as directed, allowing an extra 10 to 20 minutes because the beans will be cold.

Nutrition facts per serving: 216 cal., 4 g total fat (1 g sat. fat), 13 mg chol., 842 mg sodium, 41 g carbo., 9 g fiber, 9 g pro. Daily Value: 4% vit. A, 13% vit. C, 8% calcium, and 36% iron.

TORTELLINI AND GARDEN VEGETABLE BAKE

For a lower-fat version of this creamy casserole, use the light cream cheese option and a pasta other than the filled tortellini.

- 10 oz. dried cheese-filled tortellini (2½ cups) or 6 oz. other pasta (2½ cups)
- 1 medium carrot, thinly sliced
- 1½ cups sugar snap peas, halved crosswise
- 1 lb. skinless, boneless chicken breasts, cut into bite-size pieces
- 1 cup sliced fresh mushrooms
- 1 Tbsp. margarine or butter
- ⅓ cup chicken broth
- 2 Tbsp. snipped fresh oregano or 1½ tsp. dried oregano, crushed
- 2 tsp. all-purpose flour
- ¾ tsp. garlic salt
- ½ tsp. black pepper
- 1 cup milk
- 1 8-oz. pkg. cream cheese or light cream cheese (Neufchâtel), cubed and softened
- 1 Tbsp. lemon juice
- 1 cup quartered cherry tomatoes
- 1 small red or green sweet pepper, coarsely chopped
- ¼ cup grated Parmesan cheese

Cook tortellini or pasta in boiling salted water according to package directions, adding the carrot during the last 5 minutes of cooking and the sugar snap peas during the last 1 minute of cooking; drain.

Meanwhile, in a 12-inch skillet cook chicken and mushrooms in hot margarine or butter about 5 minutes or till chicken is no longer pink. Remove from skillet.

In a screw-top jar shake together chicken broth, oregano, flour, garlic salt, and black pepper till smooth. Add to skillet along with milk. Cook and stir till thickened and bubbly; add cream cheese. Cook and stir till cream cheese is smooth. Remove from heat. Stir in lemon juice. Add pasta mixture, chicken mixture, tomatoes, and sweet pepper. Toss to coat. Turn into an ungreased shallow 3-quart baking dish.

Bake, covered, in a 350° oven for 30 to 35 minutes or till heated through. Stir mixture and sprinkle with Parmesan cheese; let stand for 5 minutes before serving. For toting information, see tip on page 164. Makes 8 main-dish servings.

Make-ahead tip: Prepare as directed except, instead of baking, cover and chill for up to 24 hours. Bake, covered, in a 350° oven about 55 minutes or till hot.

Nutrition facts per serving: 370 cal., 18 g total fat (7 g sat. fat), 65 mg chol., 715 mg sodium, 28 g carbo., 2 g fiber, 23 g pro.

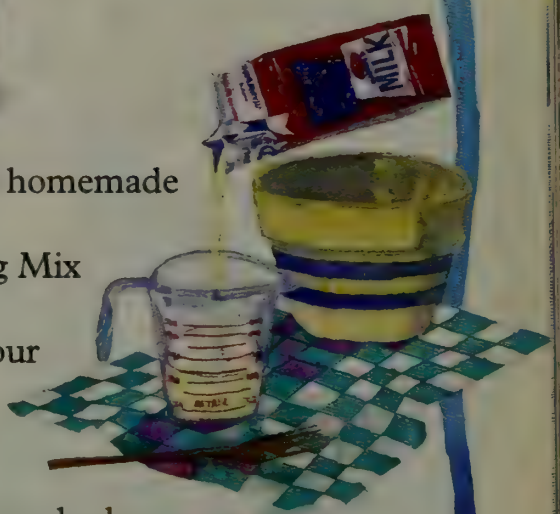


Perfect for family gatherings, Tortellini and Garden Vegetable Bake combines kid-pleasing pasta with colorful summer vegetables.

continued on page 172

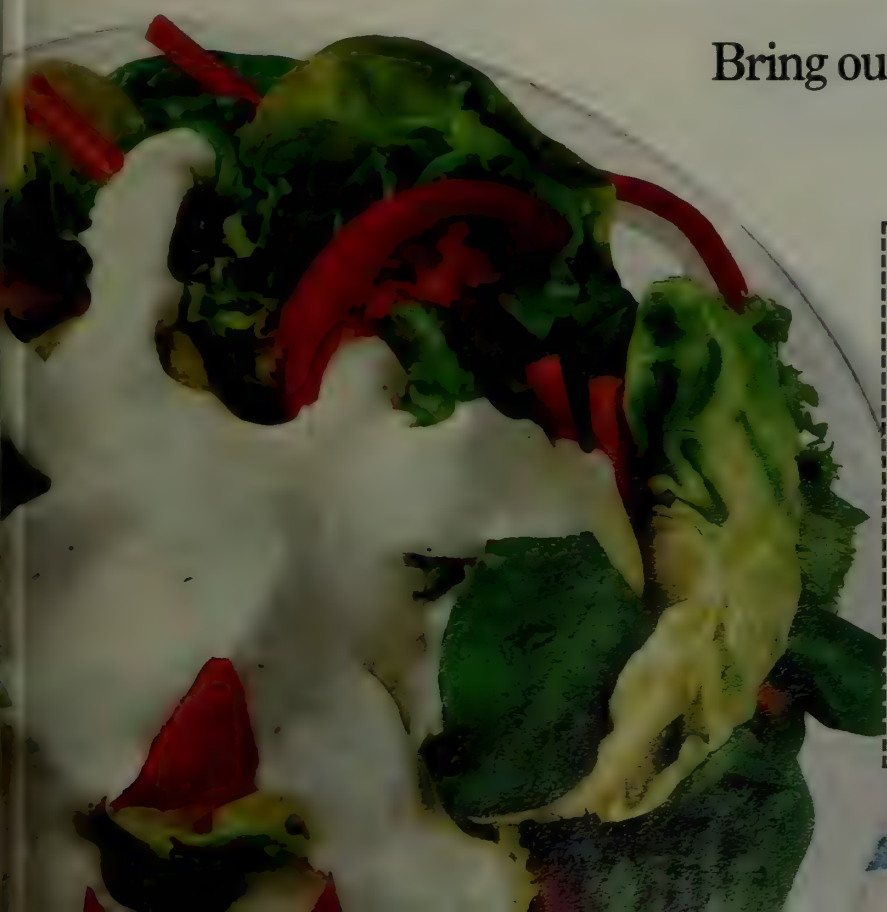
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Summer Recipes

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BBQ CHICKEN WITH SESAME-CHILI SAUCE

If grilling away from home, make the sauce ahead and place it in a storage container. Transfer the rinsed and dried chicken pieces to a sealed plastic bag and pack the chicken and sauce on ice in a cooler.

- 1 8½-oz. jar plum sauce or ¾ cup sweet-and-sour sauce
- ⅓ cup hoisin sauce
- ¼ cup soy sauce
- 3 Tbsp. honey
- 3 Tbsp. water
- 1 Tbsp. sesame seed
- 2 cloves garlic, minced
- 2 tsp. grated gingerroot or ½ tsp. ground ginger
- 1½ tsp. Oriental chili sauce or several dashes bottled hot pepper sauce
- ½ tsp. five-spice powder
- 2 2½- to 3-lb. broiler-fryer chickens, quartered or cut up

For Sesame-Chili Sauce, in a small saucepan combine all of the ingredients except chicken. Cook over medium heat till bubbly, stirring frequently. Reduce heat. Cover and simmer for 5 minutes. Set aside.

Rinse chicken; pat dry with paper towels. If desired, remove skin from chicken and discard. If using quartered chickens, break wing, hip, and drumstick joints so the bird will lie flat during cooking. Twist wing tips under backs.

Place chicken, skin side down, on an uncovered grill directly over *medium* coals. Grill for 20 minutes. Turn; grill 15 to 25 minutes more or till tender and no longer pink. Brush with sauce frequently during the last 10 minutes of grilling.

Transfer chicken to a serving platter. Heat any remaining sauce either on the grill or stove top; pass with chicken. Makes 12 servings.

Make-ahead tip: The Sesame-Chili Sauce can be made up to 5 days ahead and stored, covered, in the refrigerator.

Nutrition facts per serving (skin on): 302 cal., 12 g total fat (3 g sat. fat), 90 mg chol., 477 mg sodium, 13 g carbo., 0 g fiber, 33 g pro. Daily Value: 4% vit. A, 1% vit. C, 2% calcium, and 11% iron.

GINGER-PEANUT PASTA SALAD

To turn this peppy pasta salad into a main dish, toss in cooked shrimp or bite-size strips of chicken.

- 8 oz. corkscrew macaroni or fine noodles, broken up
- 20 fresh pea pods, tips and strings removed (about 1 cup)
- 1 medium kohlrabi, peeled and cut up, or 1 small cucumber, quartered lengthwise and sliced
- 2 medium carrots, cut into long thin strips (about 1 cup)
- 1 medium yellow and/or green sweet pepper, cut into thin strips
- ¾ cup thinly sliced radishes
- ½ cup bias-sliced green onions
- 3 Tbsp. snipped fresh cilantro or parsley
- 1 recipe Ginger Salad Dressing
- ⅓ cup chopped peanuts

Cook the macaroni according to package directions. During the last 30 seconds of cooking time, add the pea pods. Drain pasta and pea pods. Rinse with cold water and drain thoroughly.

In a large serving bowl combine macaroni and pea pods, kohlrabi or cucumber, carrots, sweet pepper, radishes, green onions, and cilantro or parsley. Add the Ginger Salad Dressing and toss gently to coat. Cover and chill for 2 to 8 hours.

To serve, toss the salad again and sprinkle with peanuts. Makes 12 side-dish servings.

Ginger Salad Dressing: In a screw-top jar combine ¼ cup salad oil, 3 tablespoons rice vinegar, 2 tablespoons sugar, 2 tablespoons soy sauce, 1 teaspoon grated gingerroot, and 1 teaspoon chili oil or several dashes bottled hot pepper sauce. Cover and shake to combine. If desired, chill for up to 3 days. Shake before using.

Nutrition facts per serving: 165 cal., 7 g total fat (1 g sat. fat), 0 mg chol., 197 mg sodium, 21 g carbo., 1 g fiber, and 4 g pro. Daily Value: 35% vit. A, 40% vit. C, 1% calcium, and 8% iron.

PORK MEDALLIONS WITH SUMMER SALSA

For outdoor gatherings, tote the marinating pork on ice in a cooler, along with a container of Summer Salsa.

- 8 boneless pork loin chops, cut 1¼ to 1½ inches thick (America's Cut)
- ¼ cup lime juice
- ¼ cup Worcestershire sauce
- ¼ cup coarse-grain brown mustard or Dijon-style mustard
- 3 Tbsp. vinegar
- 2 Tbsp. water
- 1½ tsp. ground cumin
- ¼ tsp. salt
- ⅛ tsp. pepper
- 1 recipe Summer Salsa (see recipe, page 176)

Place the pork loin chops in a clean, heavy plastic bag. Set the bag in a large bowl. Combine the remaining ingredients except salsa and pour over the pork in bag; seal the bag. Chill for 4 to 24 hours, turning occasionally.

Remove the pork from the bag, reserving marinade. Grill* pork on an uncovered grill directly over *medium* coals for 20 to 30 minutes or till 160° (juices run clear and meat is slightly pink in center), turning once halfway through cooking and brushing with marinade Serve with Summer Salsa. Makes 8 main-dish servings.

**To broil:* Place pork on unheated rack of a broiler pan. Broil 4 to 5 inches from heat for 22 to 24 minutes or till 160° (juices run clear),

continued on page 176

Summer tastes best with ReaLemon® zest.









Borden, Inc.

Fiesta Southwestern Salsa

(Makes about 4 cups)

1/4 cup ReaLime® Lime Juice from Concentrate *or* ReaLemon® Lemon Juice from Concentrate
2 medium tomatoes, seeded and chopped (about 2 cups)
1 (15-ounce) can black beans, drained and rinsed
1/2 cup chopped white onion
1/4 cup chopped cilantro
1 to 2 tablespoons finely chopped jalapeno pepper
1 clove garlic, finely chopped
1 medium avocado, seeded, peeled and chopped, optional



In a medium bowl, combine all ingredients except avocado. Chill 4 hours or overnight. Just before serving toss avocado with mixture, if desired. Serve with LaFamous® Tortilla Chips. Refrigerate leftovers.

Confetti Pasta Salad

(Makes 10 to 12 servings)

1/2 (1-pound) package Creamette® Nuggets *or* Radiatore, cooked as package directs and drained
1/4 cup ReaLemon® Lemon Juice from Concentrate
1/4 cup vegetable oil
1/4 cup sliced green onions
2 teaspoons sugar
1 teaspoon Italian seasoning
1 teaspoon seasoned salt
1/2 teaspoon hot pepper sauce, optional
1 cup chopped green pepper
1 cup shredded carrots
2 firm fresh tomatoes, seeded and chopped



In large bowl, combine ReaLemon® brand, oil, green onions and seasonings; mix well. Add hot pasta; toss. Add remaining ingredients; mix well. Chill. Refrigerate leftovers. Garnish as desired.

Lemon Pepper Chicken

(Makes 4 servings)

2/3 cup ReaLemon® Lemon Juice from Concentrate
6 tablespoons water
2 teaspoons Wyler's® *or* Steero® Chicken-Flavor Instant Bouillon
2 cloves garlic, finely chopped
1 teaspoon pepper
2 to 3 pounds chicken pieces



In shallow dish or plastic bag, combine all ingredients except chicken; add chicken. Cover; marinate in refrigerator 4 hours or overnight. Remove chicken from marinade; heat marinade thoroughly. Grill or broil chicken, basting frequently with marinade. Refrigerate leftovers.

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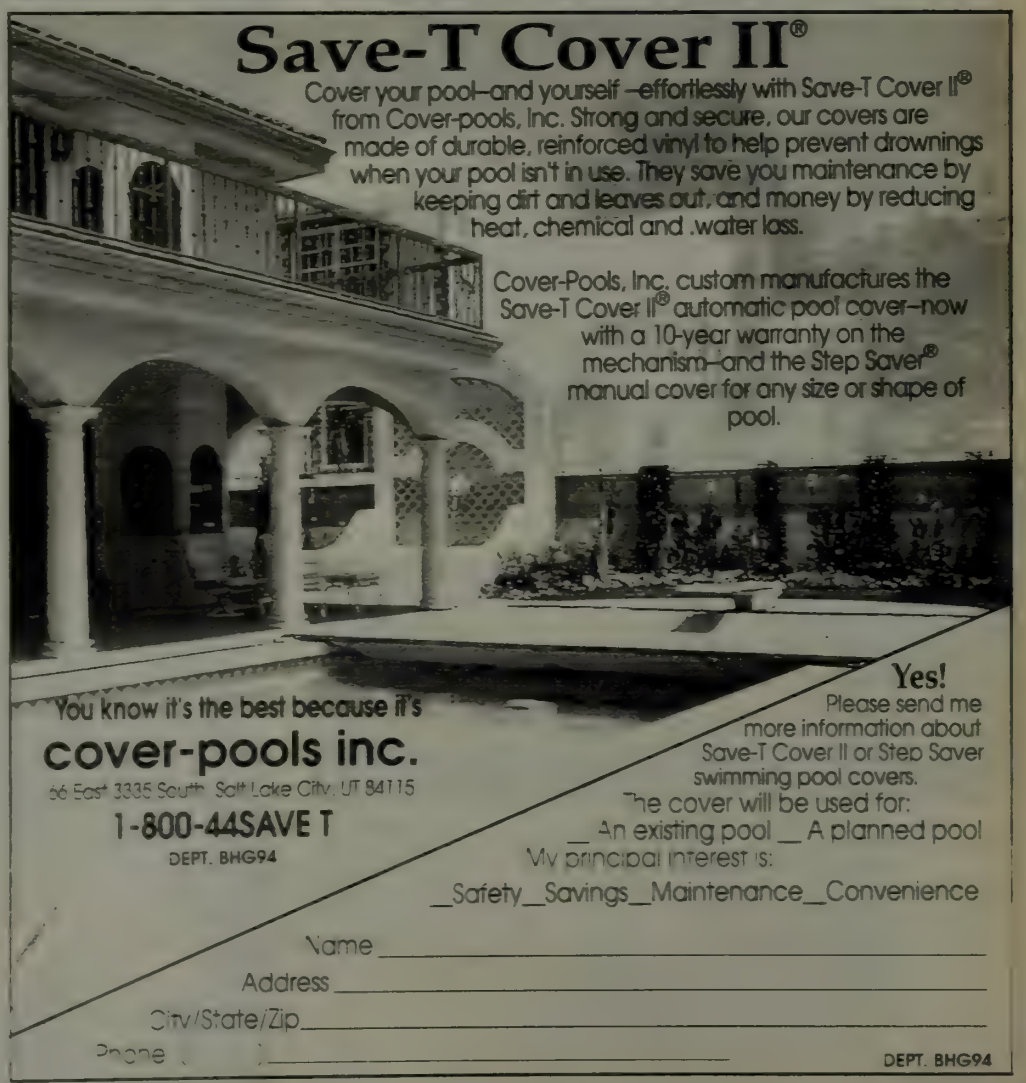


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Summer Recipes

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turning once halfway through cooking and brushing with marinade.

Nutrition facts per serving: 248 cal., 12 g total fat (4 g sat. fat), 77 mg chol., 182 mg sodium, 11 g carbo., 1 g fiber, 25 g pro. Daily Value: 18% vit. A, 61% vit. C, 2% calcium, and 11% iron.

SUMMER SALSA

Lime juice and jalapeño peppers add zing to this juicy apricot salsa.

- 1½ cups chopped fresh apricots or peeled peaches
- ¾ cup chopped red or green sweet pepper
- ¾ cup chopped, seeded cucumber
- ¼ cup sliced green onion
- 1 to 2 jalapeño peppers, seeded and finely chopped
- 2 Tbsp. honey
- 2 Tbsp. lime juice
- 1 Tbsp. snipped fresh cilantro or parsley

In a medium mixing bowl combine all ingredients. Cover; chill for up to 4 hours, stirring once or twice. Serve with a slotted spoon. Makes about 2½ cups salsa.

Nutrition facts per 3-tablespoon serving: 36 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 1 mg sodium, 9 g carbo., 1 g fiber, 1 g pro. Daily Value: 18% vit. A, 47% vit. C, 0% calcium, and 2% iron.

GRILLED BURGERS ITALIANO

Shape these herb-seasoned patties at home and grill at your cookout along with the burger toppings.

- 1 egg
- ¼ cup meatless spaghetti sauce
- ⅓ cup fine dry bread crumbs
- ⅓ cup chopped onion
- 3 Tbsp. snipped fresh basil or oregano or 1 tsp. dried basil or oregano leaves, crushed
- 2 cloves garlic, minced
- 1 lb. lean ground beef
- 1 lb. bulk Italian sausage
- 2 medium green, yellow, and/or red sweet peppers, cut into rings and halved
- 1 Tbsp. olive oil or cooking oil
- 1 6-oz. pkg. sliced mozzarella cheese, halved crosswise
- 1 cup meatless spaghetti sauce
- 8 kaiser rolls, split and toasted

In a large mixing bowl combine egg and the ¼ cup spaghetti sauce. Stir in bread crumbs, onion, basil or oregano, and garlic. Add beef and sausage; mix well. Shape meat mixture into eight ½-inch-thick patties.

Place sweet pepper slices on a piece of foil (about 18x12 inches) and drizzle with oil. Bring up long sides of foil and, leaving space for steam, seal tightly with a double fold. Fold short ends to seal and form a foil packet.

Grill burgers and foil packet on an uncovered grill directly over *medium* coals for 10 to 12 minutes or till burgers are no longer pink and peppers are tender, turning burgers and foil packet once halfway through grilling time.

Top burgers with pepper strips and a half slice of cheese; cover and grill about 15 seconds more or till cheese is melted.

Meanwhile, heat remaining spaghetti sauce, either on the grill or stove top. To serve, place burgers in kaiser buns. Spoon spaghetti sauce atop burgers. Pass any remaining sauce. Makes 8 servings.

Nutrition facts per serving: 540 cal., 27 g total fat (10 g sat. fat), 106 mg chol., 995 mg sodium, 41 g carbo., 0 g fiber, 31 g pro. Daily Value: 24% vit. A, 66% vit. C, 19% calcium, 27% iron.

ROASTED NEW POTATO SALAD

Perfect for outdoor gatherings, this colorful salad packs easily in an ice-filled cooler. Plus, you can make it ahead and chill it for up to 24 hours.

- 1½ lb. whole tiny new potatoes, quartered
- 3 Tbsp. olive oil or cooking oil
- 2 cloves garlic, minced
- 4 tsp. snipped fresh rosemary or 1¼ tsp. dried rosemary, crushed
- ½ tsp. salt
- ¼ tsp. pepper
- 1 9¼-oz. can chunk white tuna (water pack), drained and broken into chunks
- 1 6-oz. can pitted ripe olives
- 1 large green sweet pepper, cut into bite-size pieces
- 12 tiny pear-shaped red and/or yellow tomatoes, halved; or cherry tomatoes, halved
- 1 recipe Herb Vinaigrette (see recipe, below) or ¾ cup bottled Italian salad dressing

In a 13x9x2-inch pan place potatoes. Combine oil, garlic, rosemary, salt, and pepper. Drizzle over potatoes; toss gently to coat. Roast, uncovered, in a 450° oven for 35 to 40 minutes or till tender and brown on the edges, stirring every 10 minutes. Cool slightly.

Meanwhile, in a large bowl combine tuna, olives, green pepper, and tomatoes. Add the potatoes. Toss with the Herb Vinaigrette or bottled Italian salad dressing. Cover; chill for up to 24 hours. Serve in a lettuce-lined bowl; garnish with fresh rosemary sprigs, if desired. Makes 8 servings.

Nutrition facts per serving: 288 cal., 17 g total fat (3 g sat. fat), 14 mg chol., 544 mg sodium, 23 g carbo., 2 g fiber, 11 g pro. Daily Value: 3% vit. A, 42% vit. C, and 18% iron.

HERB VINAIGRETTE

Use this flavorful dressing for the Roasted New Potato Salad or on your favorite tossed salad.

- ⅓ cup olive oil or salad oil
- ⅓ cup white wine vinegar
- 1 Tbsp. snipped fresh thyme or basil or 1 tsp. dried thyme or basil leaves, crushed

continued on page 178

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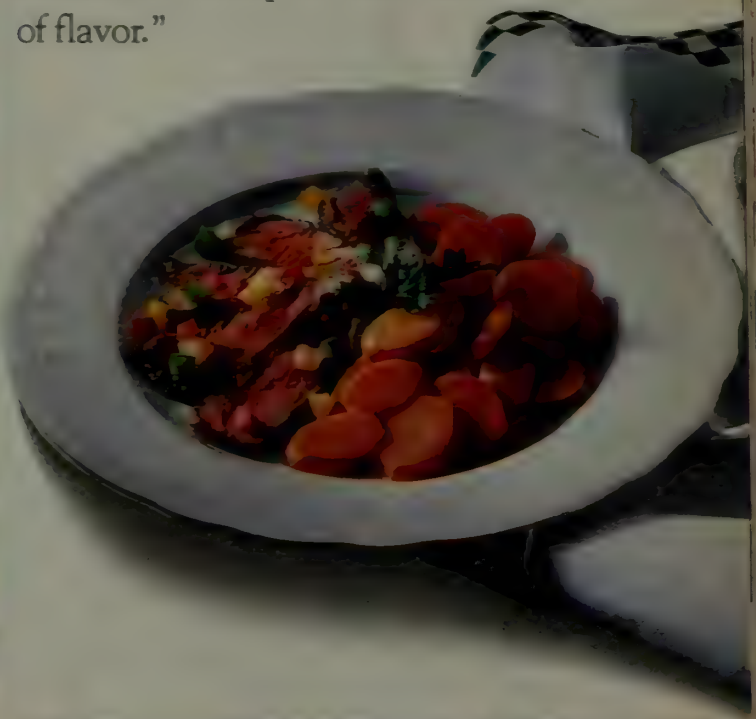
Chef David Burke, Park Avenue Cafe, NYC

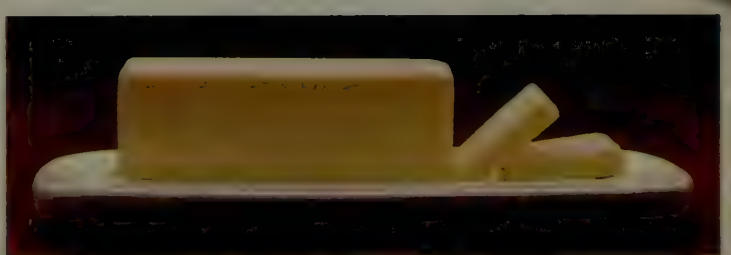


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Summer Recipes

continued from page 176

- 1 tsp. sugar
- 1 tsp. coarse-grain brown mustard or Dijon-style mustard
- ¼ tsp. salt
- ¼ tsp. pepper

In a screw-top jar combine oil, white wine vinegar, thyme or basil, sugar, mustard, salt, and pepper. Cover; shake well. Store in the refrigerator for up to 2 weeks. Shake dressing well before serving. Makes about ¾ cup.

Nutrition facts per tablespoon: 54 cal., 6 g total fat (1 g sat. fat), 0 mg chol., 6 mg sodium, 1 g carbo., 0 g fiber, 0 g pro. Daily Value: 0% vit. A, 0% vit. C, 0% calcium, 1% iron.

PEACH AND ALMOND CRISP

Guaranteed to satisfy all ages, this crunchy fruit dessert is extra delicious with a scoop of ice cream.

- 8 cups sliced peeled peaches or nectarines or frozen unsweetened peach slices
- ⅔ cup packed brown sugar
- ½ cup rolled oats
- ½ cup toasted sliced almonds
- ¾ cup all-purpose flour
- 3 Tbsp. granulated sugar
- ½ cup margarine or butter, cut up
- ⅓ cup granulated sugar
- ½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ⅛ tsp. ground ginger
- ¼ cup peach nectar or orange juice
- Vanilla ice cream (optional)

Thaw frozen peach slices, if using. Do not drain.

For topping, in a medium bowl stir together brown sugar, oats, almonds, *½ cup* of the flour, and the 3 tablespoons granulated sugar. Using a pastry blender or [illegible] cut in margarine or butter [illegible] ture resembles coarse crum[illegible]

For filling, in a large mixing bowl stir together remaining flour, the ⅓ cup granulated sugar, cinnamon, nutmeg, and ginger. Add the peach or nectarine slices with their juices and peach nectar or orange juice. Toss gently to coat. Transfer filling to an ungreased 3-quart rectangular baking dish. Sprinkle topping over the filling.

Bake in a 400° oven for 30 to 35 minutes or till fruit is tender and topping is golden. Serve warm or at room temperature with ice cream, if desired. To keep warm till serving time, see the Toting Hot Foods tip on page 164. Cover any leftover crisp and chill for up to 24 hours. Makes 12 servings.

Nutrition facts per serving: 258 cal., 11 g total fat (2 g sat. fat), 0 mg chol., 94 mg sodium, 40 g carbo., 3 g fiber, 3 g pro. Daily Value: 15% vit. A, 13% vit. C, 2% calcium, and 6% iron.

FROSTY CHOCOLATE-CHERRY YOGURT

To keep the frozen yogurt cold after churning (even outdoors), see Get More Flavor From Frozen Yogurt, at right.

- 2 16-oz. cartons (3½ cups) vanilla yogurt (no gelatin added)*
- 1 lb. fresh dark sweet cherries, pitted (2½ cups), or 2½ cups frozen unsweetened pitted dark sweet cherries (13 oz.)
- ⅓ cup milk
- ⅓ cup light corn syrup
- ½ cup miniature semisweet chocolate pieces

In a blender container or food processor bowl combine yogurt, *1 cup* of the cherries, milk, and corn syrup. Cover and blend or process till almost smooth. If using a food processor, process half at a time.

Freeze mixture in a 2-quart ice-cream maker according to manufacturer's directions till almost firm. Add remaining cherries and choco[illegible]ore; continue to freeze as directed [illegible]rm. Makes 6 cups (12 servings).

**Note:* Yogurt without gelatin gives this dessert a better texture when frozen. The ingredient list on the carton will tell you if a refrigerated yogurt contains gelatin.

Nutrition facts per serving: 173 cal., 4 g total fat (2 g sat. fat), 5 mg chol., 63 mg sodium, 30 g carbo., 1 g fiber, and 5 g pro. Daily Value: 1% vit. A, 4% vit. C, 10% calcium.

GET MORE FLAVOR FROM FROZEN YOGURT

Homemade frozen yogurt and ice cream taste better and melt more slowly if they are ripened before serving. To ripen frozen yogurt or ice cream in a traditional-style ice-cream freezer, after churning remove the dasher and cover the freezer can with waxed paper or foil. Plug the hole in the lid. Place it on the can. Pack the outer freezer bucket with enough ice and rock salt to cover the top of the freezer can, using 4 cups ice to 1 cup salt. Ripen about four hours.

To use an ice-cream freezer with an insulated can (no ice needed), after churning, remove dasher and top can with the lid. Cover the lid with ice and top with a towel. Ripen about four hours. You can ripen the frozen dessert outside, if desired.

RASPBERRY CITRUS BARS

A takeoff on all-time favorite lemon bars, these cookies make a tempting snack or dessert for large get-togethers.

- 1 cup butter, softened
- ¾ cup sifted powdered sugar
- 2 cups all-purpose flour
- 4 eggs
- 1½ cups granulated sugar
- ⅓ cup lemon juice
- 2 Tbsp. finely shredded orange peel
- ¼ cup all-purpose flour
- 1 tsp. baking powder
- 1½ cups fresh raspberries and/or blueberries
- Powdered sugar

continued on page [illegible]

FINDING FULL FLAVOR

1630

Kikkoman Soy Sauce has been naturally brewed according to the same time-honored method for nearly four centuries. Patience, as you will see, still has its virtues.

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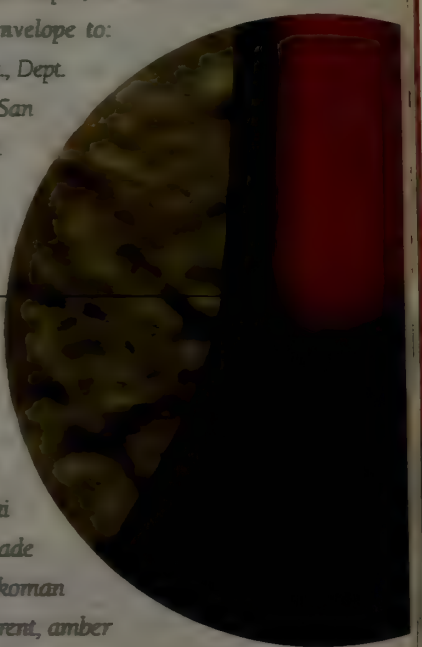
KIKKOMAN
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Soy Sauce





Soy-Lemon Chicken: Broil or grill 4 chicken quarters 7 inches from heat about 30 minutes, or until no longer pink in center; turn over occasionally. Combine ¼ cup Kikkoman Soy Sauce, 2 Tbsp. lemon juice, ¼ tsp. each oregano and garlic powder; brush on chicken during last 15 minutes of cooking time. Makes 4 servings. For additional recipes, send a stamped, self-addressed envelope to: Kikkoman International Inc., Dept. CS5F, P.O. Box 420784, San Francisco, CA 94142-0784.





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reat Plains Kabobs: Blend ½ cup Kikkoman Teriyaki Sauce, tsp. vegetable oil, 1 tsp. minced garlic and ¼ tsp. pepper, our over 1½ lbs. boneless beef sirloin cut into 2-inch cubes, nd marinate 10 minutes. Cut 4 ears of corn, cooked and oiled, into 4 equal lengths and 1 red bell pepper into 16 ieces; add to beef and marinate 10 minutes longer. Thread eef, corn and pepper alternately on skewers. Grill or broil inches from heat 3 minutes on each side, for are, or to desired doneness, rushing corn and pepper ccasionally with arinade. Makes to 6 servings.



Summer Recipes

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For the crust, beat butter with an electric mixer on medium speed for 30 seconds to soften. Add the ¾ cup powdered sugar. Beat till combined. Add the 2 cups flour; beat till combined. Press mixture onto the bottom of a greased 13x9x2-inch baking pan. Bake in a 350° oven for 20 minutes or till golden.

Meanwhile, for filling, in a large mixing bowl combine eggs, granulated sugar, lemon juice, orange peel, the ¼ cup flour, and baking powder. Beat for 2 minutes with an electric mixer till combined. Sprinkle berries over crust. Pour filling over berries, arranging berries evenly with a spoon.

Bake in a 350° oven for 30 to 35 minutes or till light brown and filling is set. Cool thoroughly in the pan on a wire rack. Cut into triangles and/or bars. Just before serving, sprinkle with powdered sugar. To store, cover and chill for up to 2 days. Makes about 30 bars.

Make-ahead tip: Place cut bars into a storage container or freezer bag and freeze for up to 3 months. Thaw, covered, in the refrigerator for 24 hours or till no longer frozen.

Nutrition facts per serving: 149 cal., 7 g total fat (4 g sat. fat), 45 mg chol., 83 mg sodium, 21 g carbo., 1 g fiber, 2 g pro. Daily Value: 7% vit A, 5% vit C, 1% calcium, 3% iron.

GARDEN ZUCCHINI PIE

Take advantage of summer's bountiful supply of fresh zucchini in this quichelike vegetable pie.

- 3 cups refrigerated loose-pack hash brown potatoes or 5 medium potatoes
- 1 beaten egg
- ¼ cup finely chopped onion
- ¼ cup grated Parmesan cheese
- 2 medium zucchini, thinly sliced (2½ cups)
- 1 clove garlic, minced
- 1 Tbsp. margarine or butter
- 3 beaten eggs
- ¾ cup shredded cheddar or Swiss cheese (3 oz.)
- ½ cup milk
- 2 tsp. snipped fresh oregano or ½ tsp. dried oregano leaves, crushed
- ¼ tsp. salt
- ¼ tsp. pepper

If using whole potatoes, wash and peel. In a food processor fitted with a medium shredding disc, coarsely shred the potato. Or, shred potato with a grater. To prevent darkening, place shredded potato in a bowl of cold water immediately after shredding. Rinse potato shreds well and drain. Squeeze potato shreds to remove any excess water.

In a large mixing bowl combine the 1 egg, onion, and Parmesan cheese. Stir in potatoes. Transfer potato mixture to a 9-inch pie plate or a 10-inch quiche dish. Pat the mixture in the bottom and up the sides of the dish.

Bake, uncovered, in a 400° oven for 35 to 40 minutes or till golden. Cool slightly on a wire rack. Reduce oven temperature to 350°.

In a large skillet, cook zucchini and garlic in hot margarine or butter till zucchini is crisp-tender; cool slightly. Arrange zucchini mixture atop the crust.

In a small mixing bowl combine the remaining 3 eggs, cheddar or Swiss cheese, milk, oregano, salt, and pepper. Pour atop the zucchini mixture in the crust.

Bake in the 350° oven for 25 to 30 minutes or till filling appears set when gently shaken. Let stand for 10 minutes before serving. To keep warm till serving time, see the Toting Hot Foods tip on page 164. If desired, before serving, sprinkle with fresh oregano leaves. Makes 8 side-dish servings.

Make-ahead tip: Cool unfilled crust after baking, cover with freezer wrap or foil, and freeze for up to 2 weeks. Thaw crust in the refrigerator overnight before preparing and adding zucchini filling.

Nutrition facts per serving: 191 cal., 9 g total fat (4 g sat. fat), 121 mg chol., 258 mg sodium, 19 g carbo., 1 g fiber, 10 g pro. Daily Value: 12% vit. A, 18% vit. C, 14% calcium, 12% iron.

SUNSET FRUIT COMPOTE

- 2 cups water
- 1 cup fresh mint leaves
- ⅓ cup honey
- 1 6-oz. can frozen lemonade concentrate
- 10 cups assorted fresh fruit such as blackberries, raspberries, halved strawberries, sliced peaches, sliced carambola (star fruit), peeled kiwi fruit wedges, and melon balls

In a medium saucepan combine water, mint, and honey. Bring mixture to boiling. Reduce heat; cover and simmer for 10 minutes. Strain into a medium mixing bowl, discarding mint leaves. Stir in lemonade concentrate. If desired, cover and chill for up to 24 hours.

In a large serving bowl place fruit. Pour lemonade mixture over fruit. Cover and chill till needed, up to 8 hours. If toting, transfer to a storage container and keep on ice in a cooler till serving time. Toss before serving. Sprinkle with small mint leaves, if desired. Serves 12 to 15.

Nutrition facts per serving: 104 cal., 0 g total fat, 0 mg chol., 3 mg sodium, 26 g carbo., 3 g fiber, 1 g pro. Daily Value: 5% vit. A, 72% vit. C.



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the clever cook

Each month in this column you'll find tips from good cooks. See the next page for details on how you can share your best cooking secrets.

AN ICE-CREAM DREAM

To keep ice cream from leaking through the pointed end of a rolled sugar cone, I stuff a tiny marshmallow in the bottom of the cone before adding the ice cream.

Mary E. Johnson
Loretto, Minn.

SIMPLE SLICES

To cut brownies and bar cookies quickly and easily, I use a pizza cutter. The round blade helps cut them into neat, uniform pieces.

Mary Miller
Shawnee, Kan.

THE PARTY LINE

On the day of a gathering at our house, I change the message on our answering machine to include important details of the event, such as time, directions to the house, and what to bring. That way, I don't spend all day answering the phone and repeating the same information. I let the answering machine do the work for me.

Denise Jacobs
Dallas, Texas

A BETTER GRATER

An easy way to finely shred citrus peel is to use a clean toothbrush, set aside just for this purpose. Simply rub the toothbrush across the fruit, collecting the peel on a piece of waxed paper.

Janet Rafalovich
Canoga Park, Calif.

JUNIOR CHEFS

I wanted to have a cookout that included adults and children, but I was concerned about keeping the kids busy. I decided to let them help assemble the chicken kabobs in the kitchen while the adults relaxed and chatted outdoors. The kids had a great time threading chunks of colorful vegetables and chicken onto skewers and, at the same time, really helped me with dinner preparations.

Joanne B. Johnson
Evanston, Ill.

OPTIONAL ONION

Add extra flavor to mashed potatoes. Finely chop an onion and add it to the water when cooking the potatoes. Mash the potatoes as usual, including the onion.

Agatha Barszczewski
Philadelphia, Pa.

COOL IN A POOL

For outdoor gatherings, keep food cool in an ice-filled pool. Place a clean, small plastic children's swimming pool on a picnic table and fill it with ice. Nest containers of cold food, such as salads and beverages, in the ice. I tuck lettuce, red cabbage leaves, and bunches of herbs around the food containers to add a decorative touch.

Mary Ann Walton
Richmond, Va.

TWICE AS NICE

Iced tea tastes even better when poured over ice cubes made of tea. Simply pour cold or room temperature tea into ice-cube trays and freeze. Empty into a freezer bag and keep on hand in the freezer.

Teresa Steele
Laguna Hills, Calif.

ARE YOU A CLEVER COOK?

The food editors of *Better Homes and Gardens*® magazine invite you to send us your niftiest kitchen tips. We're looking for clever ideas that make cooking easier, more healthful, or more rewarding for you and your family. We will pay $25 for each published tip. Please send tips to: The Clever Cook, BH&G Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine.





nutrition information

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrate, fiber, and protein will help you keep tabs on what you eat.

You can check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Value. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis. The analysis is calculated using two-percent milk.

When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

WHAT YOU NEED

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

Use our analyses to chart the nutrition value of the foods you eat. The dietary guidelines above suggest the levels of nutrients that moderately active adults should strive to eat each day. There's no real harm in going over or under these guidelines in any single day, but it is a good idea to aim for a balanced diet over time.

BH&G PRIZE TESTED RECIPES®

Win Money and Prizes

TWO $200 WINNERS • TWO $100 WINNERS
SIX HONOR ROLLS

All winners receive a WEST BEND electric skillet.

How would you like to win cash or products for your home? Send your original recipes to our Prize Tested Recipes Contest. Each month, we ask you to send us recipes that fit the two recipe categories. Then, seven months later, we feature the four top recipes on the Prize Tested Recipes pages.

HINTS FOR THIS MONTH'S CATEGORIES

Citrus Desserts: What treat do you make that captures the flavors of luscious lemon, juicy lime, mouthwatering orange, or sweet-tart grapefruit? Send your best recipes for baked goods or chilled creations using these fruits.

Healthful Stir-Fries: Do you make a unique stir-fry for your family that is as good for them as it is tasty? What meat do you pair with fresh vegetables? Is your secret ingredient the flavorful sauce?

THIS MONTH'S WINNERS–pages 187 and 188

All winners received GLORIA JEAN'S COFFEE products.

$200 Winners: Susan Brinskele, Petaluma, Calif.; Sharon Naylor, East Hanover, N.J.

$100 Winners: Gayle Nicholas Scott, Chesapeake, Va.; Sharon Byrne, Red Bluff, Calif.

Honor Roll Winners: Dee Baugh, Frankfort, Ky.; Mary Hall, Missoula, Mont.; Mike and Linda Morten, Katy, Texas; Betty J. Nichols, Eugene, Oreg.; Bettie Sechrist, Montgomery, Ala.; Frances Yuhas, Scotrun, Pa.

CONTEST RULES: 1. Contest is open to U.S. residents, except Meredith Corp. employees, its affiliates, subsidiaries, and families. 2. With each entry, print your name, address, and recipe marked "January Citrus Desserts" or "January Healthful Stir-Fries." Specify brands used and recipe origin. 3. Address recipes to 9501 Food Department., Better Homes and Gardens, Des Moines, IA 50309-3023. 4. Postmark all entries by June 30, 1994. 5. Winners will be selected about 60 days later, then notified by mail about six months later. 6. Entries must be original, unpublished recipes and will be judged on creativity, taste, and practicality by BH&G® editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown name for editorial and promotional purposes.





IT'S SWEET. IT'S SPICY. NO, IT'S NOT A ROMANCE NOVEL.

What it is, in fact, is a recipe for a dish that's ready in 25 minutes. It starts off with a tender cut of beef, married to a sauce that's at once both sweet and spicy.

Naturally, as things heat up, the temptations that arise from this juicy conflict produce all the ingredients of a classic you just can't resist.

Okay, it does sound a little like a romance novel. But it's not. Is it?

SWEET 'N SPICY BBQ STEAKS – 25 MINUTES

2 boneless beef top loin or rib eye steaks, cut 1 inch thick

Sweet 'n Spicy Sauce

½ cup prepared salsa

¼ cup ketchup

2 tablespoons packed brown sugar

1 tablespoon Dijon-style mustard

1. In small bowl, combine sauce ingredients; mix well. Reserve ½ cup to serve as sauce. **2.** Place beef steaks on grid over ash-covered medium coals; grill 12 to 16 minutes for medium-rare to medium doneness, turning once. Brush both sides of steaks with remaining sauce during last 3 to 4 minutes of grilling. **3.** Carve steaks into slices; serve with reserved sauce. Makes 4 servings.

BEEF

IT'S WHAT'S FOR DINNER

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PRIZE TESTED RECIPES®

see page 185 for details

$200 WINNER

Susan Brinskele, Petaluma, Calif., in the Summertime Pies category.
June 1994



Sour Cream and Berry Pie

The tanginess of sour cream makes a perfect partner to juicy, sweet berries.

- 1 cup graham cracker crumbs
- ⅓ cup finely chopped pecans or walnuts
- 2 Tbsp. all-purpose flour
- 1 Tbsp. sugar
- ⅓ cup margarine or butter, melted
- ½ cup sugar
- 3 Tbsp. cornstarch
- 1 tsp. unflavored gelatin
- 1¼ cups milk
- 1½ cups dairy sour cream
- 1 Tbsp. vanilla
- 3 cups blueberries, raspberries, and/or small whole strawberries
- Fresh berries (optional)

For crust, in a small bowl combine cracker crumbs, pecans or walnuts, flour, and the 1 tablespoon sugar. Stir in the melted margarine or butter. Toss to mix well. Press mixture onto the bottom and up sides of a 9 inch pie plate. Bake in a 375° oven for 8 minutes. Cool on a wire rack.

For filling, in a medium saucepan combine the ½ cup sugar, cornstarch, and gelatin; stir in milk. Cook and stir till thickened and bubbly; cook and stir for 2 minutes more. Place sour cream in a medium bowl. Gradually stir milk mixture into the sour cream; stir in vanilla. Cover and chill for 1 hour, stirring once or twice.

Stir berries into sour cream mixture. Turn filling into cooled crust. Cover and chill at least 6 hours or up to 24 hours. If desired, garnish with additional berries before serving. Makes 8 servings.

Nutrition facts per serving: 332 cal., 18 g total fat (6 g sat. fat), 20 mg chol., 189 mg sodium, 39 g carbo., 2 g fiber, 5 g pro. Daily Value: 17% vit. A, 13% vit. C, 9% calcium, 5% iron

PRIZE TESTED RECIPES®

see page 185 for details

$200 WINNER

Sharon Naylor, East Hanover, N.J., in the Grilled Dinners category.
June 1994



Zesty Steak Carbonnade

Carbonnade is French for meat cooked over hot coals, but Mexican flavors dominate here.

- ⅓ cup beer
- ½ cup chopped onion
- ⅓ cup salsa catsup or catsup
- 2 Tbsp. sugar
- 1 Tbsp. Worcestershire sauce
- 4 tsp. lemon juice
- ½ tsp. paprika
- ½ tsp. chili powder
- ¼ tsp. pepper
- 6 top loin steaks, cut 1 inch thick (about 2 lb.)

In a small saucepan combine beer, onion, catsup, sugar, Worcestershire, lemon juice, paprika, chili powder, and pepper. Bring to boiling, reduce heat. Simmer, uncovered, for 5 minutes. Cool.

Use a sharp knife to score steaks on both sides. Place steaks in a plastic bag set inside a deep bowl. Pour marinade over steaks. Seal bag and turn steaks to coat. Marinate in the refrigerator for at least 1 hour or up to 24 hours.

Remove steaks from bag; reserve marinade. Place steaks on the grill rack of an uncovered grill directly over *medium-hot* coals. Grill steaks, uncovered, for 8 to 12 minutes for rare doneness or 12 to 15 minutes for medium doneness; turning the meat halfway through grilling.

Meanwhile, place reserved marinade in a small saucepan; bring to a full boil. Cook and stir for 1 to 2 minutes. Serve with steaks. Makes 6 servings.

Nutrition facts per serving: 283 cal., 10 g total fat (4 g sat. fat), 101 mg chol., 282 mg sodium, 11 g carbo., 1 g fiber, 35 g pro. Daily Value: 4% vit. A, 15% vit. C, 1% calcium, 28% iron.

PRIZE TESTED RECIPES®

$100 WINNER

Carpe Nuel de Leon, Hampton, Va., in the Conservative Dinners category.
June 1994



Peachy Cream Cheese Pie

This no-bake pie is perfect on hot summer days. You can micro-cook the crust.

- ⅓ cup vanilla wafer crumbs (about 17 cookies)
- ¼ cup toasted ground walnuts
- 1 Tbsp. sugar
- 5 Tbsp. margarine or butter, melted
- 1 8-oz. pkg. light cream cheese (Neufchâtel), softened
- ¼ cup sugar
- 2 Tbsp. frozen orange juice concentrate, thawed
- 1 cup frozen whipped dessert topping, thawed
- 3 cups peeled, sliced peaches
- ⅓ cup orange marmalade

In a medium bowl stir together wafer crumbs, ground walnuts, and the 1 tablespoon sugar; add melted margarine or butter. Toss to mix well. Spread mixture evenly into a 9-inch microwave-safe pie plate. Press onto bottom and up the sides of the pie plate. Micro-cook on 100% power (high) for 2 minutes or till set. (Or, if using an oven-safe 9-inch pie plate, bake in a 375° oven for 4 to 5 minutes or till edges are light brown.) Cool completely on a wire rack.

Meanwhile, in a medium bowl beat cream cheese, ¼ cup sugar, and orange juice concentrate with an electric mixer on medium speed till smooth. Fold in whipped topping. Spread over cooled crust. Cover surface with plastic wrap and chill at least 1 hour. Just before serving, arrange peach slices over filling. In a small saucepan, heat and stir the orange marmalade just till melted; brush onto peaches. If desired, garnish with raspberries. Makes 8 servings.

Nutrition facts per serving: 389 cal., 26 g total fat (10 g sat. fat), 22 mg chol., 235 mg sodium, 37 g carbo., 2 g fiber, 5 g pro. Daily Value: 23% vit. A, 20% vit. C, 3% [illegible] 4% iron.

PRIZE TESTED RECIPES®

$100 WINNER

Sharon Byrne, Red Bluff, Calif., in the Grilled Dinners category.
June 1994



Sweet and Spicy BBQ Ribs

This curry-spiced sauce makes pork or beef ribs finger-licking tasty.

- 1½ cups catsup
- ¾ cup white wine vinegar
- ½ cup packed brown sugar
- 2 Tbsp. curry powder
- 1 Tbsp. Worcestershire sauce
- 1 tsp. hickory-flavored salt
- 1 tsp. pepper
- 2 to 3 cloves garlic, minced
- 3½ to 4 lb. pork loin back ribs

In a large bowl combine catsup, vinegar, brown sugar, curry powder, Worcestershire sauce, hickory-flavored salt, pepper, and garlic. Cover; let stand at room temperature 30 minutes or refrigerate for up to five days. In a covered grill arrange hot coals around a drip pan. Test for *medium heat* above the pan. Place ribs, fat side up, on grill rack over drip pan but not over coals. Lower grill hood. Grill for 1½ to 2 hours or till meat is very tender, basting generously with sauce the last 15 minutes of cooking. Makes 8 main-dish servings.

Nutrition facts per serving: 444 cal., 26 g total fat (10 g sat. fat), 104 mg chol., 977 mg sodium, 28 g carbo., 2 g fiber, 26 g pro. Daily Value: 19% vit. C, 20% iron.



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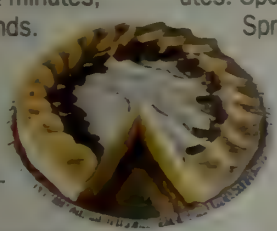
Make a pie they'll go bananas over.

Chocolate Banana Pudding Pie

- 4 squares BAKER'S® Semi-Sweet Chocolate
- 2 tablespoons milk
- 1 tablespoon margarine or butter
- 1 prepared graham cracker crust (6 oz.)
- 2 medium DOLE® bananas, sliced
- 2 ¾ cups cold milk
- 2 packages (4 serving size) JELL-O® Vanilla or Banana Cream Flavor Instant Pudding and Pie Filling*
- 1 ½ cups thawed COOL WHIP® Whipped Topping*

**Or use JELL-O® Vanilla Flavor Sugar Free Reduced Calorie Instant Pudding and Pie Filling and COOL WHIP® Lite Whipped Topping.*

MICROWAVE chocolate, milk and margarine in medium microwavable bowl on HIGH 1 to 1 ½ minutes, stirring every 30 seconds. Stir until chocolate is completely melted. Spread evenly in crust. Refrigerate 30 minutes or until chocolate is firm. Arrange banana slices over chocolate.



POUR milk into large bowl. Add pudding mixes. Beat with wire whisk 1 minute. Let stand 5 minutes. Spoon over bananas in crust. Spread with whipped topping.

REFRIGERATE 4 hours or until set. Store leftover pie in refrigerator.

Makes 8 servings.
Prep Time: 20 minutes
Refrigerating time: 4½ hours

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ANDY LYONS

BH&G kids™

by Barbara Hall Palar

JUNE IS BUSTIN' OUT ALL OVER, AND KIDS JUST WANT TO BE OUTSIDE. Kids: This month's "BH&G Kids" will give you ideas for lots of fun stuff to do. Have you ever planted a garden that can move? How about making art with bubbles? Do you like snakes? Turn the next few pages, and open a whole new summer of fun. Parents: If your kids like the snake activity, they'll love *Crayola Kids*™, a great new magazine. You'll find subscription information on *page 194*. Happy summer!

Great Outdoors


8:26 Friday night.
You worked hard all day.
All you want is a long, hot bath.
But it will have to wait.
"Beauty and the Beast" is on.
Parents who have
The Disney Channel have
different priorities.
The Disney Channel



Nasturtium Seeds

Grow a Garden on Wheels. *Nurture your child's green thumb with a mini garden in an old wagon or wheelbarrow.*

HERE'S HOW: **Parents:** Carefully poke drainage holes in the bottom of the wagon or wheelbarrow with a sharp tool. Fill it with potting soil. If you want to prevent the wagon from rusting, line it with a garbage bag before adding the dirt. (You'll then need to poke drainage holes in the plastic that correspond with the holes in the wagon.) **Kids:** Scoop out little holes in the soil with a spoon, and place one or two seeds in each hole. Cover with dirt.

Choose seeds that grow quickly, such as marigolds, radishes, and lettuce. Nasturtiums (*Na STUR shums*), with their pretty orange and yellow flowers, are also easy to grow.

For fun, plant Bibb lettuce seeds in grooves the shape of alphabet letters or other shapes. Water and keep the seeds moist until they sprout in a week or two. **Age: 4 and up**

—by Donna Erickson



Soon these nasturtium plants will bloom into colorful flowers. Nasturtium seeds are large, which makes them easy for children to handle. To order seeds for children's gardens, see page 42.

Encourage your child to water and feed plants and seedlings regularly. When plants need extra sunlight, wheel the garden to a bright spot on your deck or in the yard.

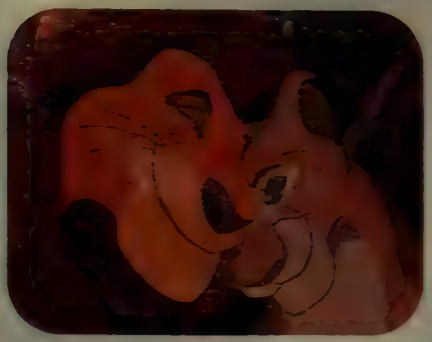


Watch The Disney Channel Free Preview June 9-13



Homeward Bound: The Incredible Journey

The thrilling escapades of three precocious pets who share the fun and excitement of a remarkable wilderness adventure.



The Making of The Lion King

A fascinating behind-the-scenes look at the magic and mystery of Disney's newest animated tale.



On Promised Land

A heartwarming family film about courage, honesty and hope.

ursday, ne 9

Mousercise
Music Box
The Gummi Bears
Adventures in Wonderland
Fraggle Rock
Welcome to Pooh Corner
Under the Umbrella Tree
Dumbo's Circus
Mickey's Mouse Tracks
Care Bears
The Gummi Bears
Lunch Box
SPECIAL: Down and Out With Donald Duck
MOVIE: The Three Caballeros
My Little Pony Tales
Donald's Quack Attack
Care Bears
Under the Umbrella Tree
Adventures in Wonderland
Kids Incorporated
Mickey Mouse Club
Secret Bodyguard
Eerie, Indiana
MOVIE: On Promised Land

ey Night Time

COMEDY TONIGHT: Funny Farm
MOVIE: Fantastic Voyage

e consult your local TV listings mplete 24-hour schedule.

Friday, June 10

6:00 Mousercise
6:30 Music Box
7:00 The Gummi Bears
7:30 Adventures in Wonderland
8:00 Fraggle Rock
8:30 Welcome to Pooh Corner
9:00 Under the Umbrella Tree
9:30 Dumbo's Circus
10:00 Mickey's Mouse Tracks
10:30 Care Bears
11:00 The Gummi Bears
11:30 Lunch Box
12:00 SPECIAL: The Adventures of Chip 'N' Dale
1:00 MOVIE: The Shaggy D.A.
2:30 My Little Pony Tales
3:00 Donald's Quack Attack
3:30 Care Bears
4:00 Under the Umbrella Tree
4:30 Adventures in Wonderland
5:00 TRIPLE FEATURE FRIDAY: Ewoks: The Battle for Endor
7:00 TRIPLE FEATURE FRIDAY: The Black Hole

Disney Night Time

9:00 TRIPLE FEATURE FRIDAY: Enemy Mine
11:00 MOVIE: Invasion of The Body Snatchers
12:30 **Preview Show**

Saturday, June 11

6:00 Mousercise
6:30 Dumbo's Circus
7:00 Welcome to Pooh Corner
7:30 Under the Umbrella Tree
8:00 My Little Pony Tales
8:30 Jim Henson's Secret Life of Toys
9:00 The Charlie Brown and Snoopy Show
10:00 MOVIE: Care Bears Movie II: A New Generation
11:30 MOVIE: The Hobbit
1:00 Five Mile Creek
2:00 MOVIE: Bingo
3:30 MOVIE: The Apple Dumpling Gang
5:30 SPECIAL
6:00 Faerie Tale Theatre
7:00 MOVIE: Homeward Bound: The Incredible Journey
8:30 **Preview Show**

Disney Night Time

8:00 MOVIE: The Electric Horseman
11:05 SPECIAL: Tina Turner: Going Home
12:30 MOVIE: This Is Elvis

Programs subject to change.
All times listed are ET/PT.
AM – Light PM – Bold

Sunday, June 12

6:00 Mousercise
6:30 Dumbo's Circus
7:00 Welcome to Pooh Corner
7:30 Under the Umbrella Tree
8:00 My Little Pony Tales
8:30 Jim Henson's Secret Life of Toys
9:00 The Charlie Brown and Snoopy Show
10:00 MOVIE: The Man Called Flintstone
11:30 SPECIAL
12:00 Kids Incorporated
12:30 Mickey Mouse Club
1:00 Secret Bodyguard
1:30 The Torkelsons
2:00 Danger Bay
2:30 Zorro
3:00 MOVIE: Freaky Friday
5:00 **Preview Show**
5:30 SPECIAL: The Making of The Lion King
6:00 Avonlea
7:00 MAGICAL WORLD OF DISNEY: Swiss Family Robinson

Disney Night Time

9:30 SPECIAL
10:00 SPECIAL: The Honeymooners Really Lost Debut Episodes
11:00 MOVIE: 84 Charing Cross Road

Monday, June 13

6:00 Mousercise
6:30 Music Box
7:00 The Gummi Bears
7:30 Adventures in Wonderland
8:00 Fraggle Rock
8:30 Welcome to Pooh Corner
9:00 Under the Umbrella Tree
9:30 Dumbo's Circus
10:00 Mickey's Mouse Tracks
10:30 Care Bears
11:00 The Gummi Bears
11:30 Lunch Box
12:00 SPECIAL: Too Smart For Strangers
1:00 MOVIE: Benji The Hunted
2:30 My Little Pony Tales
3:00 Donald's Quack Attack
3:30 Care Bears
4:00 Under the Umbrella Tree
4:30 Adventures in Wonderland
5:00 Kids Incorporated
5:30 Mickey Mouse Club
6:00 The Charlie Brown and Snoopy Show
6:30 The Torkelsons
7:00 Faerie Tale Theatre
8:00 Avonlea

Disney Night Time

9:00 BEST OF HOLLYWOOD: That's Entertainment, Part 2
11:30 SPECIAL: Hal Roach: Hollywood's King of Laughter
12:30 SPECIAL: Child of Mine: Songs to Our Children

Watch our Preview Show for information on exciting, upcoming programs.

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Call 1-800-847-9000 and receive a certificate to get a FREE "Beauty and the Beast" sculptured picture frame. You must install The Disney Channel between June 9 and July 31, 1994. New subscribers only. See certificate for details.

Preview available in participating cable systems only.



The Disney Channel

BH&G Kids™

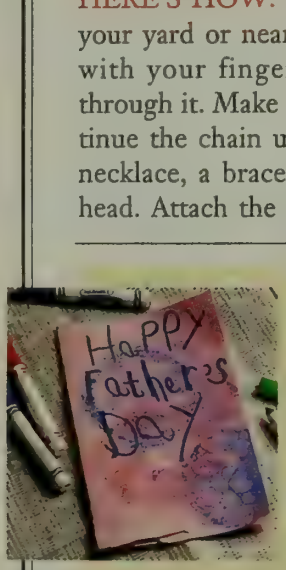


ILLUSTRATION: LIZ PHILLIPS

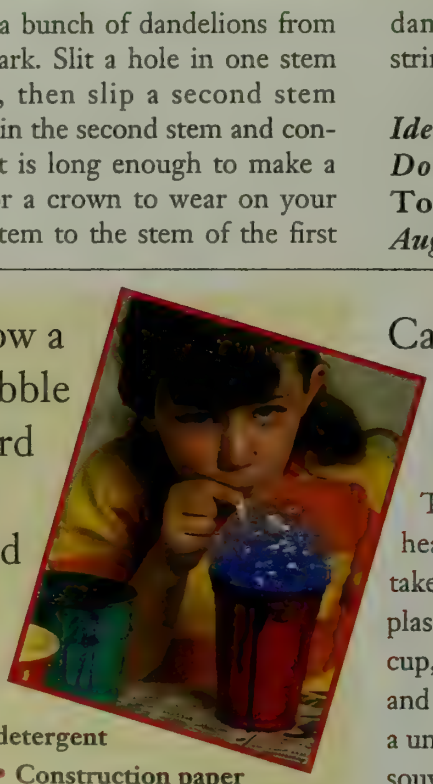
Design Your Own Jewelry from Dandelions

HERE'S HOW: Pick a bunch of dandelions from your yard or nearby park. Slit a hole in one stem with your fingernail, then slip a second stem through it. Make a slit in the second stem and continue the chain until it is long enough to make a necklace, a bracelet, or a crown to wear on your head. Attach the last stem to the stem of the first dandelion with a long stem or a small piece of string. **Age: 5 and up**

Ideas on this page and on page 192 are by Donna Erickson, author of* Prime Time Together with Kids *(with permission from Augsburg Publishing).



Blow a Bubble Card for Dad



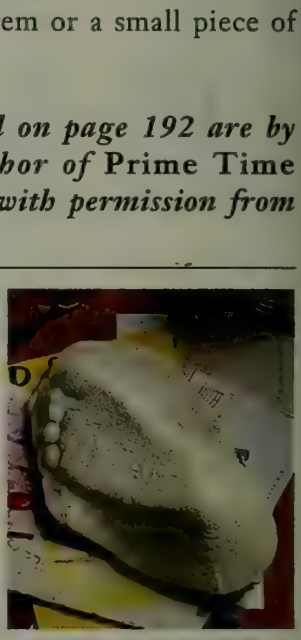
SUPPLIES:

• Wide-mouth plastic cup • Tempera paint • Liquid dishwashing detergent • Markers or crayons • Construction paper • Drinking straws • Newspaper

1. Cover your picnic table with newspaper. Stir together 1 cup water, 2 tablespoons paint, and 1 tablespoon detergent in the cup. Put the straw in the mixture and blow until bubbles are billowing over the rim. Remove the straw.

2. Fold a piece of construction paper in half to form a card. Gently place the front of the card on top of the bubbles for a few seconds until several bubbles have transferred their shape onto the paper. Add more paint to make darker bubble prints. Set aside to dry. Write a message for Dad with crayon or marker. **Age: 6 and up**

Cast a Dandy Sandy Souvenir



The next time you head for the seashore, take along a carton of plaster of paris, a paper cup, and a coffee can, and come home with a unique seashore souvenir. This activity will also work in your backyard sandbox.

HERE'S HOW: Make a handprint or footprint in wet sand. Or, scoop out a hole at least 2 inches deep to make a mold, and arrange collected sea shells, driftwood, and stones on the bottom and sides of the mold.

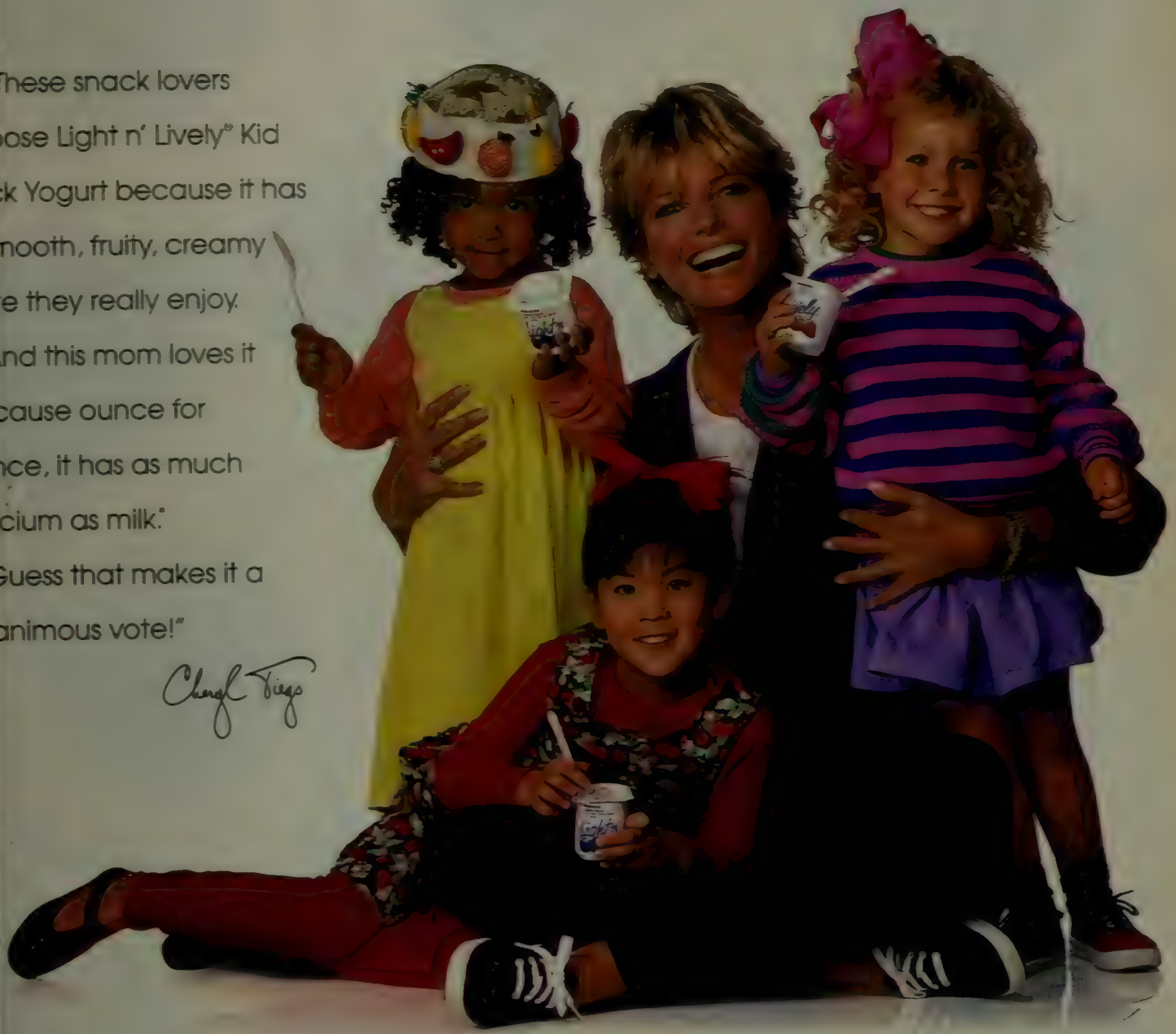
Put 1½ cups water in the coffee can. Add and stir powdered plaster until the mixture is thick and pourable. Immediately pour the plaster into the mold. Spread it evenly with a stick.

Remove the cast from the sand when it is set, about 1 to 1½ hours. Brush off loose sand. The sand that adheres to the plaster creates a nice effect. **Age: 3 and up** with assistance

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These snack lovers
oose Light n' Lively® Kid
ck Yogurt because it has
mooth, fruity, creamy
te they really enjoy.
And this mom loves it
cause ounce for
nce, it has as much
lcium as milk.
Guess that makes it a
animous vote!"

Cheryl Tiegs







N EARLY START TO EATING SMART.

4 oz. Light n' Lively Kid Pack Yogurt cup has as much calcium as a 4.4 oz.
ng of milk. Not available in all areas. © 1994 Kraft General Foods Inc

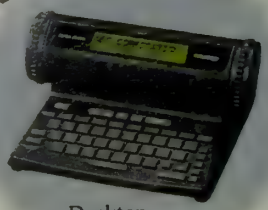
He's not going to tell you what he wants for Father's Day. So we will

Yes



3-in-1 Universal Remote

Yes

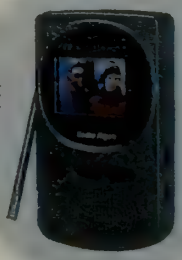


Desktop Directory

No way!



Yes



Pocket Color TV

Yikes



Yes



Road Emergency CB Radio

Yes



LCD Digital Multimeter

Yes



AM/FM Stereo Headset

Yes



Stereo Headphones

Yes



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Yes



Cordless Telephone

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You'll find lots of fun activities like this in *Crayola Kids*™, a new magazine for kids by the makers of Crayola® products and the publishers of *Better Homes and Gardens*® magazine. A one-year charter subscription (6 issues) is only $14.97. To order, call **800/846-7968.**



ILLUSTRATION: BOB RILEY. CRAYOLA® AND *CRAYOLA KIDS MAGAZINE* ARE TRADEMARKS OF BINNEY & SMITH PROPERTIES, INC., 1994.

by Cheryl Fritz Long

Choosing a Cat

SUREFIRE STRATEGIES FOR MAKING A NATURAL SELECTION.



When choosing a cat, consider your lifestyle and what you want in a pet. Paying attention to these two factors will ensure that you and your new housemate start off on the right paw. Then, keep your cat indoors and you'll have a loving companion for 15 to 20 years.

To properly care for a cat, you'll need time for feeding, litter-box duty, extra cleaning during the shedding season, and trips to the veterinarian. A new cat will demand more time and attention to ensure that it adapts to the litter box, finds and uses the scratching post, and learns which surfaces are acceptable for napping. Grooming can take time too, if you select a long-haired cat that needs combing as often as once a day.

Use these guidelines to choose the right cat for you.

1. Be picky where you pick a pet. Veterinarians usually know the reputations of the breeders and the quality of the shelters in your area. Whether you select a shelter, private home, or breeder (most veterinarians discourage buying a cat from a pet store), be alert when visiting. Find another source if the surroundings are dirty or if the cats seem sick. Beware of stray cats and outdoor cats, because they often have trouble adapting to people.

2. Look for a healthy animal. Observe the cat. Healthy cats have clear, bright eyes; pink gums; and a clean nose and ears. There should be no sign of crusting or discharge and no indication of upper respiratory tract ailments, such as sneezing or labored breathing. A coffee-grounds-like substance in the ears indicates ear mites.

Select a cat that has a smooth and shiny coat, with no hair loss or scaly patches. Small black specks in the fur indicate fleas; scabby areas on the face or fur signal ringworm. Don't handle a cat if you think it has ringworm, which transfers easily from felines to people. Try to see the litter box. Fecal matter should be formed, not runny.

Robust kittens play well with their litter mates and will be curious about your presence. They should be active, outgoing, and of normal weight. Adult cats are more sedate, but they should be relaxed when handled.

Take the cat to your veterinarian. Dr. Diane Eigner, a Philadelphia veterinarian, recommends tests for feline leukemia virus, feline immunodeficiency virus, and internal parasites. Have your current cats vaccinated for feline leukemia virus before you bring another cat home. Isolate your new cat at first.

3. Study personality. To determine a kitten's personality, Dr. Deborah Edwards, a Florida veterinarian, recommends that you pick up the kitten and lay it in your arms on its back. If the kitten lies still for a few moments, then begins to move, but cuddles when you stroke it, you've probably picked an easygoing animal. Next, gently tickle its stomach. A kitten that bites, scratches, or hisses will be aggressive and may pose a problem with children. A cat that trembles when picked up probably will be shy and hide from strangers. A shy cat usually adjusts well to quiet households with a regular routine.

Less demanding than dogs, cats generally enjoy company. You can help socialize a cat with the gentle persuasion of soft stroking and tender attention.

Some breeds have personality traits. Siamese are sociable and "talkative." Burmese are friendly, outgoing, and good with children. Abyssinians are playful and active.

Preschoolers and cats. Some veterinarians believe that young kids and cats don't mix. A child can injure or kill a kitten just by squeezing it. Even a docile cat may scratch or bite if teased or grabbed by the tail. It's not fair to the child or the cat if their relationship creates constant conflict. But, if you're willing to supervise their meetings, you can teach your child to love and respect Fluff.



Constantly switching your dog's food can lead to finicky eating.

You may think your dog craves variety. But if you feed him something different all the time, you could be teaching him a new trick—finicky eating. The fact is, what dogs really need is good nutrition.



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auto update

JUNE 1994



Got a Niche?

Automotive manufacturers certainly think you do, as they aim more and more vehicles to please smaller and smaller audiences—so-called niche buyers. The trend means that you have a better chance to match your interests to just the right-equipped vehicle.

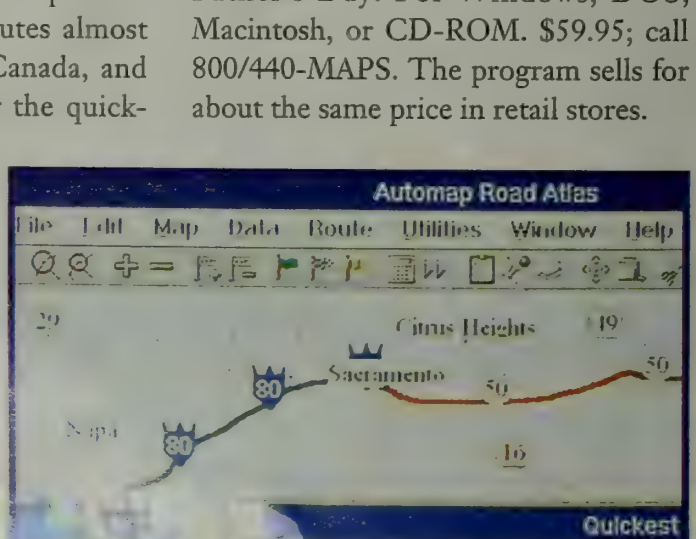
Specialized high-performance cars such as the Dodge Viper have long found their niche buyers. But the concept has spread to lifestyles. Subaru, for example, offers multiple versions of its Legacy station wagon themed for particular outdoor activities: One model comes with bike racks; another with bike racks plus all-wheel drive and air suspension for rough roads; yet another, designed for skiers, has all-wheel drive, ski racks, an engine block heater, and heated seats and mirrors.

Father's Day Face-Saver

Dad will never have to ask directions when you plot your family vacation trip on your home computer using the Automap Road Atlas. The comprehensive program maps out routes almost anywhere in the U.S.A., Canada, and northern Mexico, plotting the quickest, shortest, or best alternative routes, complete with distance and driving time. It's a real gas-saving gift idea for Father's Day. For Windows, DOS, Macintosh, or CD-ROM. $59.95; call 800/440-MAPS. The program sells for about the same price in retail stores.

Side-impact air bags

Always a safety stickler, Volvo looks as if it will be first with a side-impact air bag. The system will be installed on their 1995 850 front-wheel-drive sedans and wagons as a standard feature in turbo models and a $500 option in the nonturbo. Volvo's rear-wheel-drive 900s will get the system in 1996.



Tops with Triple A

The Dodge Grand Caravan SE AWD was named the top minivan, and Ford's Explorer Limited the top sport utility vehicle by the American Automobile Association in their annua AAA AutoTest. The Dodge Ram 1500 Laramie SLT was the top pickup. The AAA AutoTest measures such factors as acceleration, braking, comfort, fuel economy, handling, and workmanship. The organization praised the winners especially for their "car-like qualities and good looks."

In the driver's seat

If you're over age 50, you'll be getting a lot of attention from the auto industry. Your age group bought 43 percent of all new domestic cars and 4 percent of all luxury models, and you're likely to buy lots more. The over-5 group will swell by 12 m lion in the '90s, while the number of young adults aged 18–34 will shrink by 9 million, according to Ken Dychtwald, CEO/ president of Age Wave.

TO KNOW WHAT CARS AND TRUCKS WILL BE LIKE IN *2005* TALK TO THE PEOPLE WHO *LIVE THERE.*

BUCKLE UP-TOGETHER WE CAN SAVE LIVES



FORD DESIGNERS FROM LEFT TO RIGHT:
WESTFALL, DAVID HILTON, GARY [illegible], SEO KANG, PAUL ARNONE, AARON WALKER

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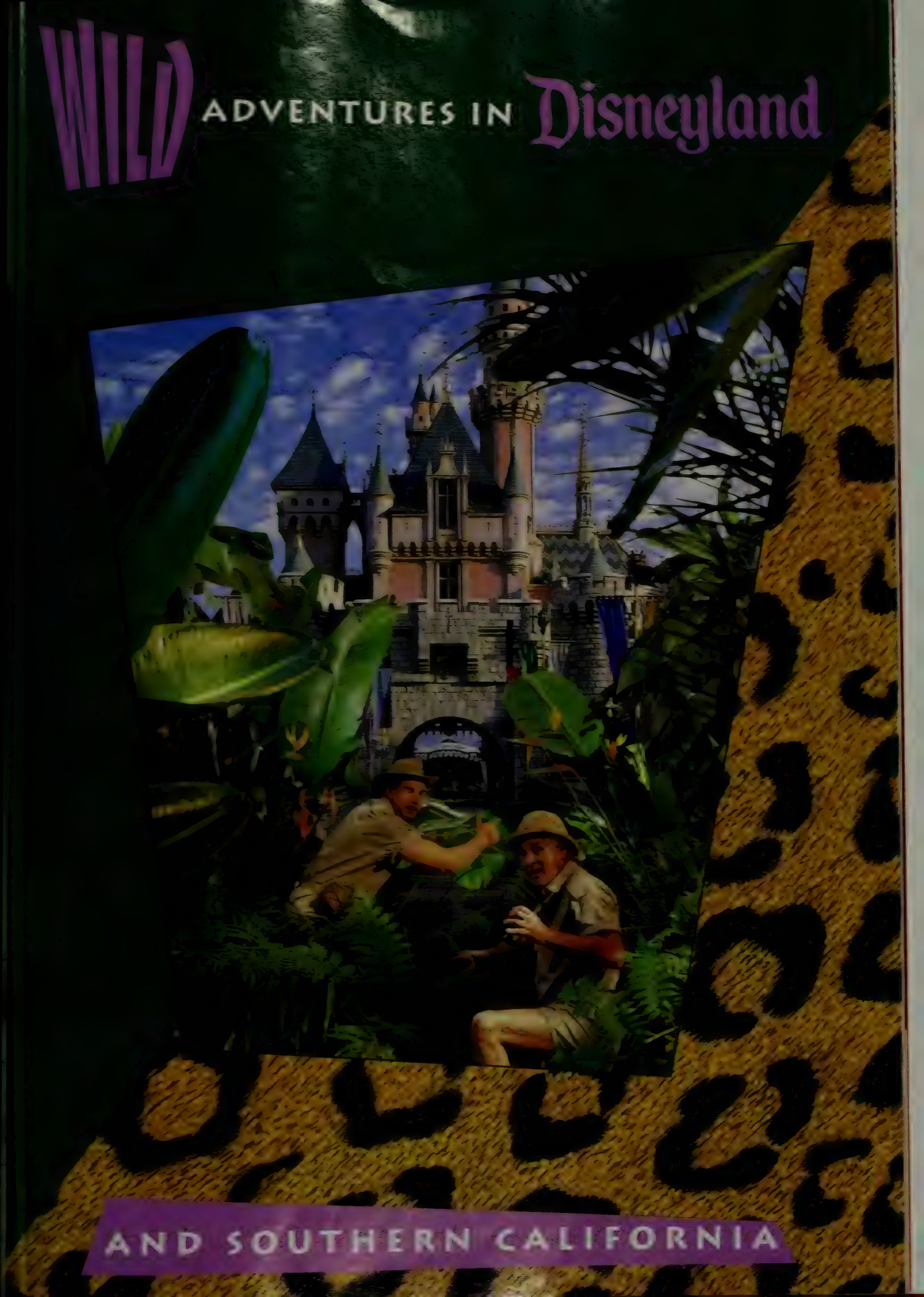
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WILD ADVENTURES IN Disneyland



AND SOUTHERN CALIFORNIA

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NEW!

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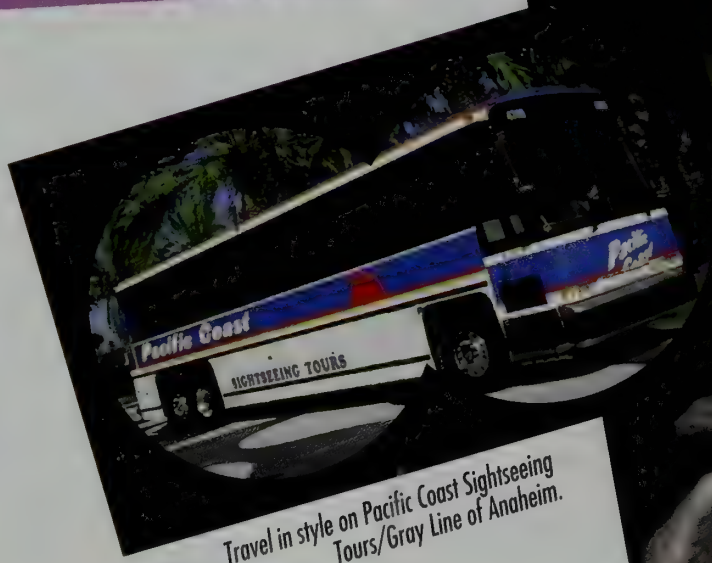
Call for vacation planning information.
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Attraction and entertainment schedules subject to change.
ROGER RABBIT Character ©Disney/Amblin Entertainment, Inc.

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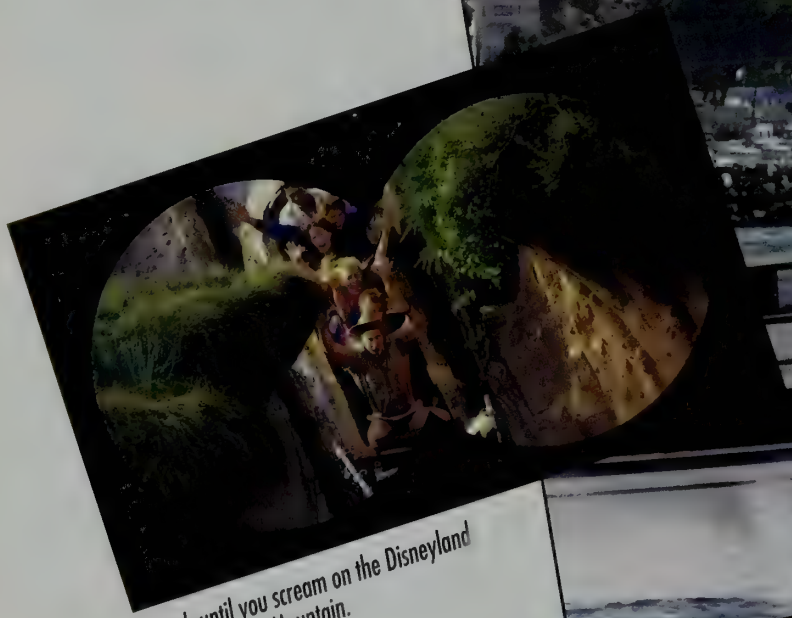
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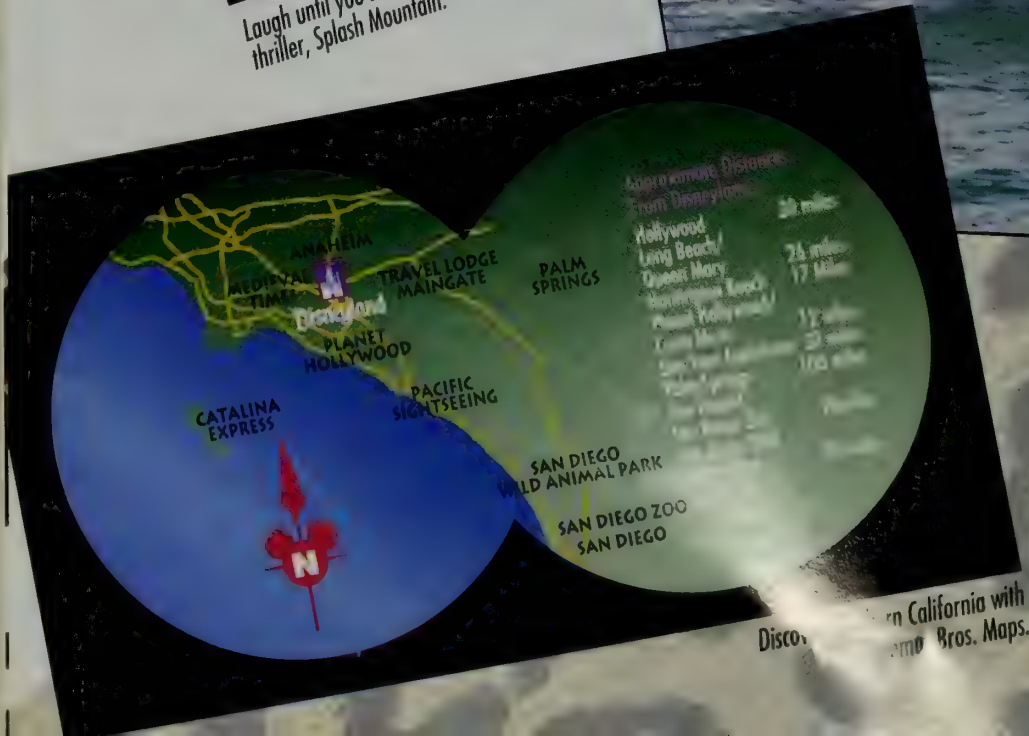
EXPLORE A WILD OASIS OF FUN, SUNUP SU



Get the star treatment at Planet Hollywood at South Coast Plaza in Costa Mesa.



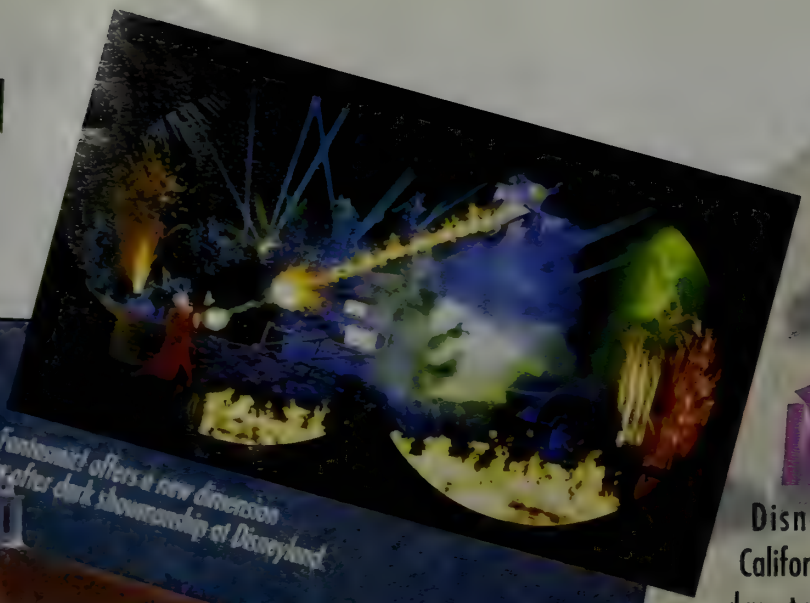
Laugh until you scream on the Disneyland thriller, Splash Mountain.



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Map not to scale. Attraction and entertainment schedules subject to change.

A BIRD'S EYE VIEW OF THE WILD LIFE

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**FANTASTIC FLYER FUNFEAST™ and all special meals require at least a six-hour advance request.
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Printed on recycled paper.

by Steven Greenhut

Stylish Simplicity

Design savvy, rather than deep pockets, is the key to a luxurious, yet affordable, bathroom.



Keep it simple. There's no need to splurge on opulent materials when simple selections will do the trick. Ceramic tile flooring creates upscale impact at a reasonable cost. The gray laminate is stylish, yet inexpensive.

Harness the sun. A wellspring of sunshine doesn't cost much, but it makes this room feel like a million bucks. An expanse of insulated glass saturates the room with light. There's no problem with privacy because this window overlooks a wooded yard.

Focus on the layout. A simple, organized floor plan is an affordable way to make your bath live bigger. Careful planning let the homeowners fit a tub and shower, and abundant storage, in a modest space. They opted for average-size fixtures so they could fit all these items in the room.

Dwell on the details. Design details make all the difference in this bathroom. Oversize mirrors help create a roomy feel. Placing the separate shower near the window keeps this small space from feeling claustrophobic. An operable skylight focuses the sun's rays on the sink and tub area.

PHOTOGRAPHS: D. RANDOLPH FOULDS. REGIONAL EDITOR: ESTELLE GURALNICK

by Lisa Holderness

Savor Fresh Mozzarella



To enjoy fresh mozzarella cheese, an Italian specialty, you no longer have to hop a plane to Europe. Today, several American cheesemakers produce it. Originally, Italians formed stringy curds of water buffalo milk into little balls and soaked them in a light brine to produce the cheese. Now, the process remains about the same, but most makers use cow's milk, which offers a mellower flavor.

Fresh mozzarella stands out from the brick-style mozzarella that Americans know best because of its creamy-soft texture and wonderful, fresh milky flavor. Use fresh mozzarella, either plain or smoked, in recipes calling for mozzarella cheese. Or, try it in the following tart recipe.

FRESH MOZZARELLA AND PESTO TART

Store any leftover fresh mozzarella in the refrigerator for up to one week or wrap in freezer wrap and freeze for up to one month.

- 1 16-oz. loaf frozen whole wheat or white bread dough, thawed
- 1 beaten egg
- 1 Tbsp. olive oil or cooking oil
- ½ lb. skinless, boneless chicken breasts or thighs, cut into bite-size pieces
- 1 small onion, sliced and separated into rings
- 1 small yellow or green sweet pepper, cut into thin strips (½ cup)
- ¼ tsp. lemon-pepper seasoning
- ¼ cup pesto
- 3 plum tomatoes (Italian-style), thinly sliced
- 6 oz. smoked or regular fresh mozzarella, thinly sliced

On a lightly floured surface, roll bread dough into a 10-inch circle. Place in a greased 11-inch tart pan with a removable bottom, pressing to fit into pan. Prick crust with a fork. Brush with beaten egg. Bake in a 400° oven for 12 to 15 minutes or till brown. Transfer to a wire rack, leaving oven on.

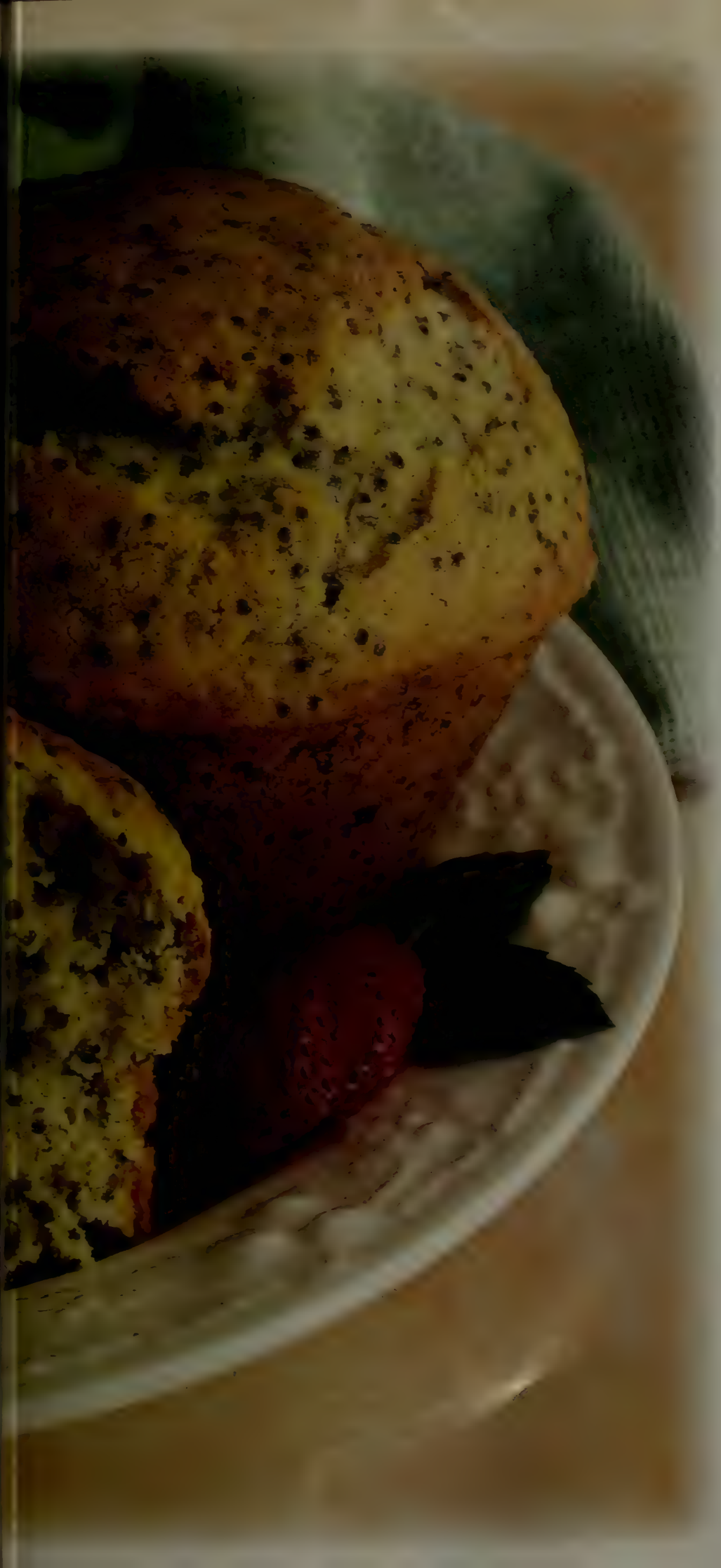
Meanwhile, in a large skillet heat oil. Stir-fry chicken, onion, pepper, and lemon-pepper seasoning over medium-high heat for 4 to 5 minutes or till chicken is no longer pink and vegetables are crisp-tender. Spread pesto atop the crust. Top with chicken mixture, tomatoes, and fresh mozzarella.

Bake in a 400° oven for 10 to 15 minutes or till heated through and cheese is melted. Remove from pan; place on a serving platter. Cut into wedges. Serves 6.

Nutrition facts per serving: 404 cal., 18 g total fat (6 g sat. fat), 74 mg chol., 299 mg sodium, 38 g carbo., 1 g fiber, 23 g pro. Daily Value: 16% vit. C, 27% calcium.

PURCHASING FRESH MOZZARELLA

Look for fresh mozzarella in the specialty cheese department of your grocery store, gourmet store, or Italian market. Or, to mail-order, call the Mozzarella Company in Dallas, Texas, at 800/798-2954. They ship their handmade fresh mozzarella and fresh smoked mozzarella cheeses by overnight delivery. ⌂





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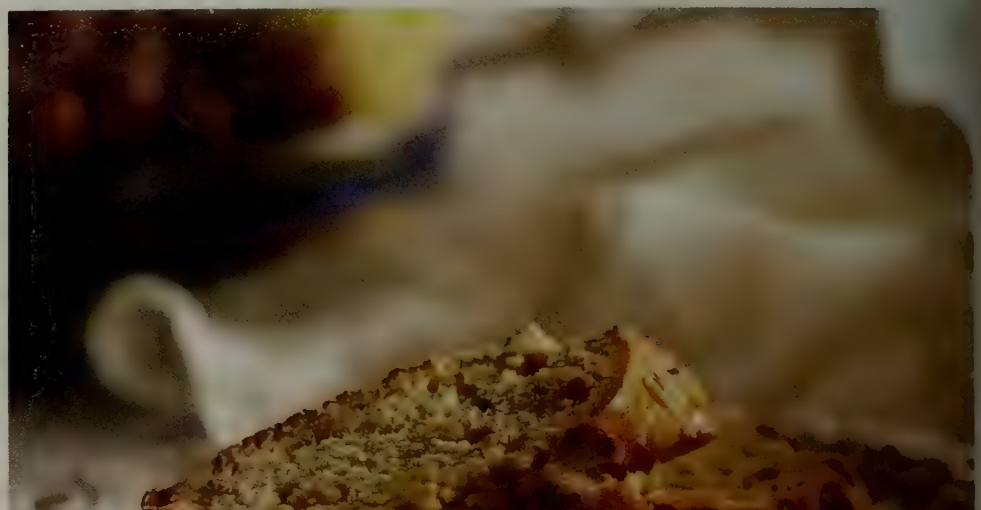
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Step-By-Step Biscotti



Originally Italian, these crunchy, twice-baked cookies are now a big hit in American coffee shops, restaurants, and bakeries. To make your own biscotti, follow these step-by-step directions.

ROSEMARY BISCOTTI

Keep a batch of these herb biscotti in the freezer and serve as an appetizer with cheese and wine, as a savory dessert with fresh fruit, or as a snack. Before serving, thaw them at room temperature.

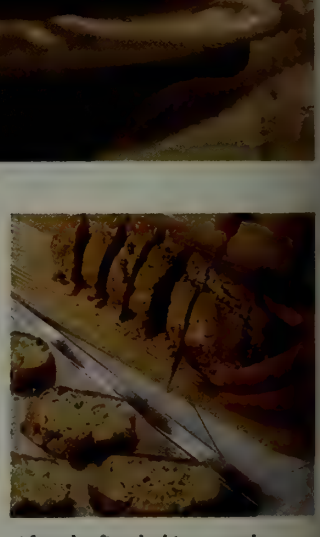
- ¼ cup margarine* or butter
- 2 Tbsp. olive oil
- 2 cups all-purpose flour
- ⅓ cup sugar
- 2 eggs
- 4 tsp. snipped fresh rosemary or 1¼ tsp. dried rosemary, crushed
- 2 tsp. baking powder
- ½ tsp. pepper
- ¾ cup chopped pine nuts or chopped slivered almonds
- 1 beaten egg yolk (optional)
- 1 Tbsp. water (optional)

1. In a large mixing bowl beat the margarine or butter and olive oil with an electric mixer on medium speed for 30 seconds or till softened. Add *1 cup* of the flour, the sugar, the 2 eggs, rosemary, baking powder, and pepper; beat till combined. Stir in remaining flour and the nuts. Divide dough in half.

2. Shape each dough portion into a 6-inch-long log, about 2 inches wide. Place the logs about 4 inches apart on a lightly greased cookie sheet. If you want a shinier appearance, stir together the egg yolk and water and brush onto the logs.

3. Bake the dough l[illegible] a 375° oven for 2[illegible] minutes. Cool the logs on the c[illegible] sheet on a wire rack [illegible] 1 hour. With a serrated [illegible] each log diagonally into ½- to ¾-inch-thick slices (see photo, at right).

4. Place biscotti slices, cut side down, on an ungreased cookie sheet. Bake slices in a 325° oven for 12 minutes. Turn slices over; bake for 8 to 10 minutes more or till dry and crisp. Transfer from cookie sheet to a wire rack to cool.



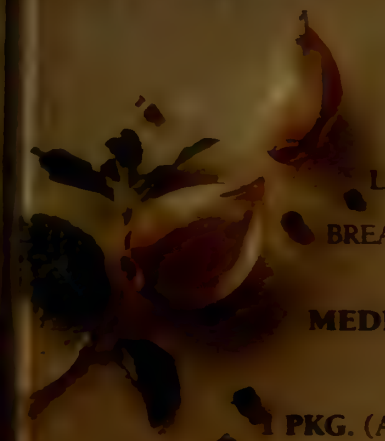
After the first baking, cut the cookie logs diagonally into slices and continue baking.

Store biscotti in an airtight container at room temperature for up to 2 weeks or transfer them to a freezer container. Freeze for up to 6 months. Makes 16 to 20 biscotti.

*If using margarine, use one that contains no less than 60 percent vegetable oil for the best results. (Spreads that contain less than 60 percent vegetable oil contain too much water to produce a crisp cookie texture.)

Nutrition facts per cookie: 157 cal., 9 g total fat (2 g sat. fat), 27 mg chol., 87 mg sodium, 17 g carbo., 0 g fiber, and 4 g pro. Daily Value: 4% vit. A, 0% vit. C, 4% calcium, and 10% iron.

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– SAUCE –

½ CUP NONFAT SOUR CREAM
½ MEDIUM CUCUMBER, PEELED AND
FINELY CHOPPED
1½ TSP. LEMON JUICE
⅛ TSP. BLACK PEPPER

3-6" PITA BREADS, CUT IN HALF CROSSWISE
6 LETTUCE LEAVES, TORN INTO PIECES
1 MEDIUM TOMATO, CHOPPED

COMBINE TURKEY MEATBALL INGREDIENTS; MIX WELL. SHAPE INTO 18 (1¼") BALLS. USING SKILLET COATED WITH NON-STICK COOKING SPRAY, COOK MEATBALLS 8 TO 10 MINUTES OR UNTIL BROWNED AND NO LONGER PINK IN CENTER; STIR OCCASIONALLY. COMBINE SAUCE INGREDIENTS. PLACE 3 MEATBALLS IN EACH PITA HALF. ADD LETTUCE AND TOMATO. TOP WITH SAUCE. 6 SERVINGS.



NUTRITIONAL INFORMATION PER SERVING (1/6 OF RECIPE)–CALORIES 264, PROTEIN 25G, CARBOHYDRATE 29G, FAT 7G, CHOLESTEROL 65MG, SODIUM 122 MG.

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New Angled Nook

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Architect George Miers found room for all that by adding a dramatic, triangular bump-out to the wall opposite the closets. The dressing room now measures just 7½×5×5 feet, but it includes a comfortable and convenient built-in window seat under four tall, space-expanding windows.

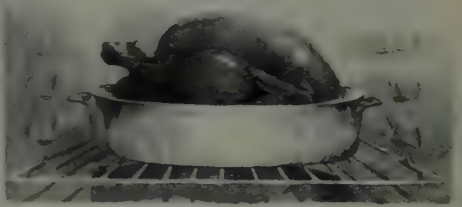
Hidden in one side of the window seat you'll find a laundry hamper, and an iron and this week's ironing nestle in the other side.

Matching crown molding and trim, copied from the bedroom, frame the window and seat, helping to blend the two rooms. Base moldings are a simple touch, but they add elegance and distinction to the room. Cool blue walls keep the area light and airy.



A triangular bump-out expands this dressing area.

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Zuppa Fresca dell'Orto

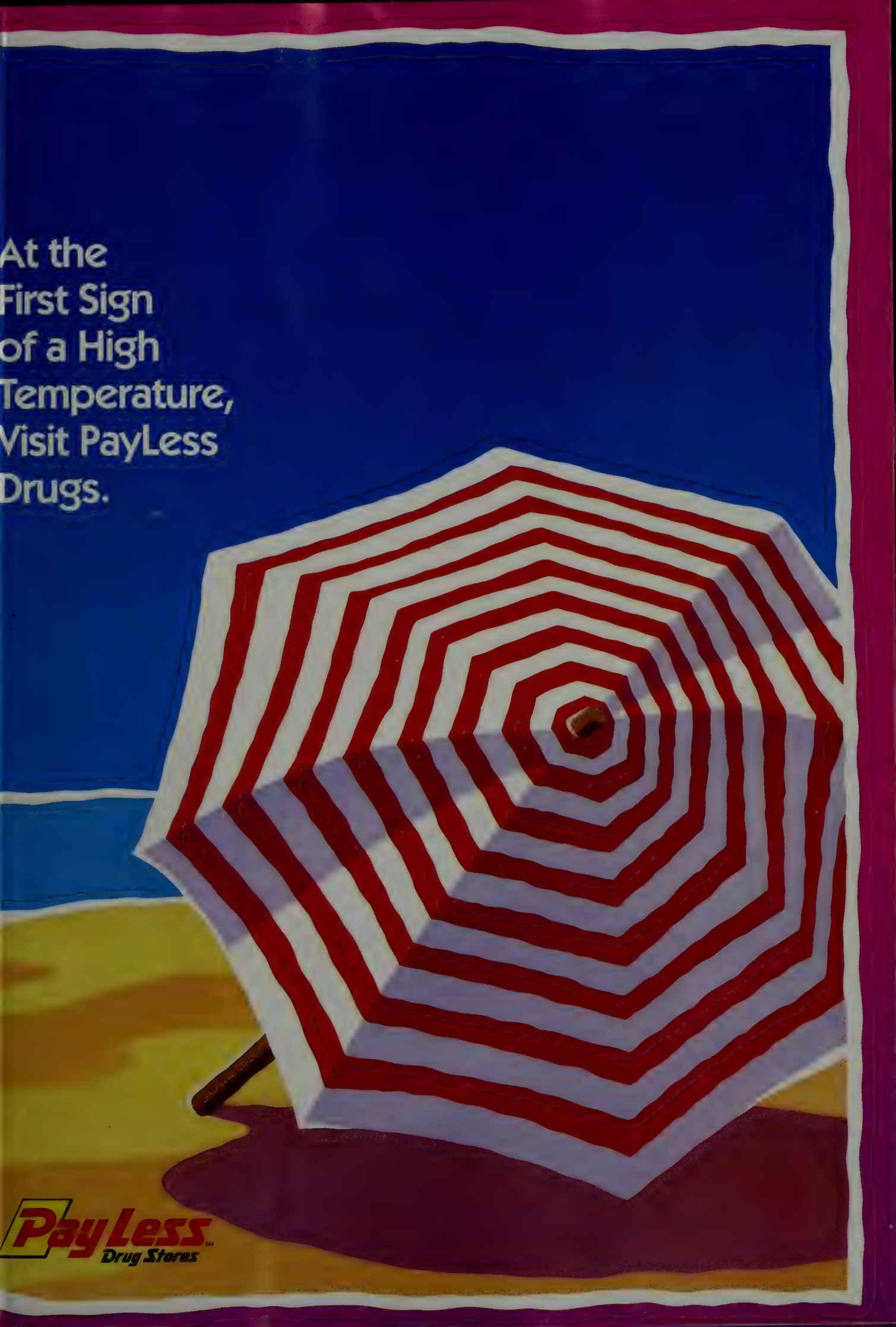
1 cup diced pink skinned potatoes, unpeeled
1/2 cup diagonally sliced celery
1/2 cup diagonally sliced carrot
2 garlic cloves, minced
1/4 cup Bertolli Extra Virgin Olive Oil
8 cups chicken stock, fat skimmed from surface
1/4 tsp. saffron
1 cup diagonally cut French green beans (slender)
1/2 cup baby lima beans, fresh or thawed frozen
3 Tbsp. orzo (rice shaped pasta)
1 cup coarsely chopped hearts of escarole
1 cup zucchini and/or yellow squash, quartered lengthwise and cut diagonally
1/2 cup diagonally sliced asparagus spears
1/2 cup diagonally sliced scallions
1/2 cup tiny peas, fresh or thawed frozen
1/3 cup diced plum tomatoes, peeled and seeded, fresh or canned (optional)
Salt, pepper and Parmesan cheese, to taste

1. Combine potato, celery, carrot, garlic and olive oil in large broad saucepan. Cover; cook over low heat, stirring occasionally, until vegetables are tender but not browned, about 10 min.
2. Add broth and saffron. Heat to boiling. Add green beans, lima beans, orzo. Cook, stirring, until tender, about 8 min. Add escarole; simmer 5 min.
3. Stir in zucchini and/or yellow squash, asparagus, scallions, green peas. Simmer just until tender and heated through, about 5 min. Add tomatoes, if using. Season with salt, pepper to taste. Ladle into bowls. Serve sprinkled with slivers of Parmesan cheese.

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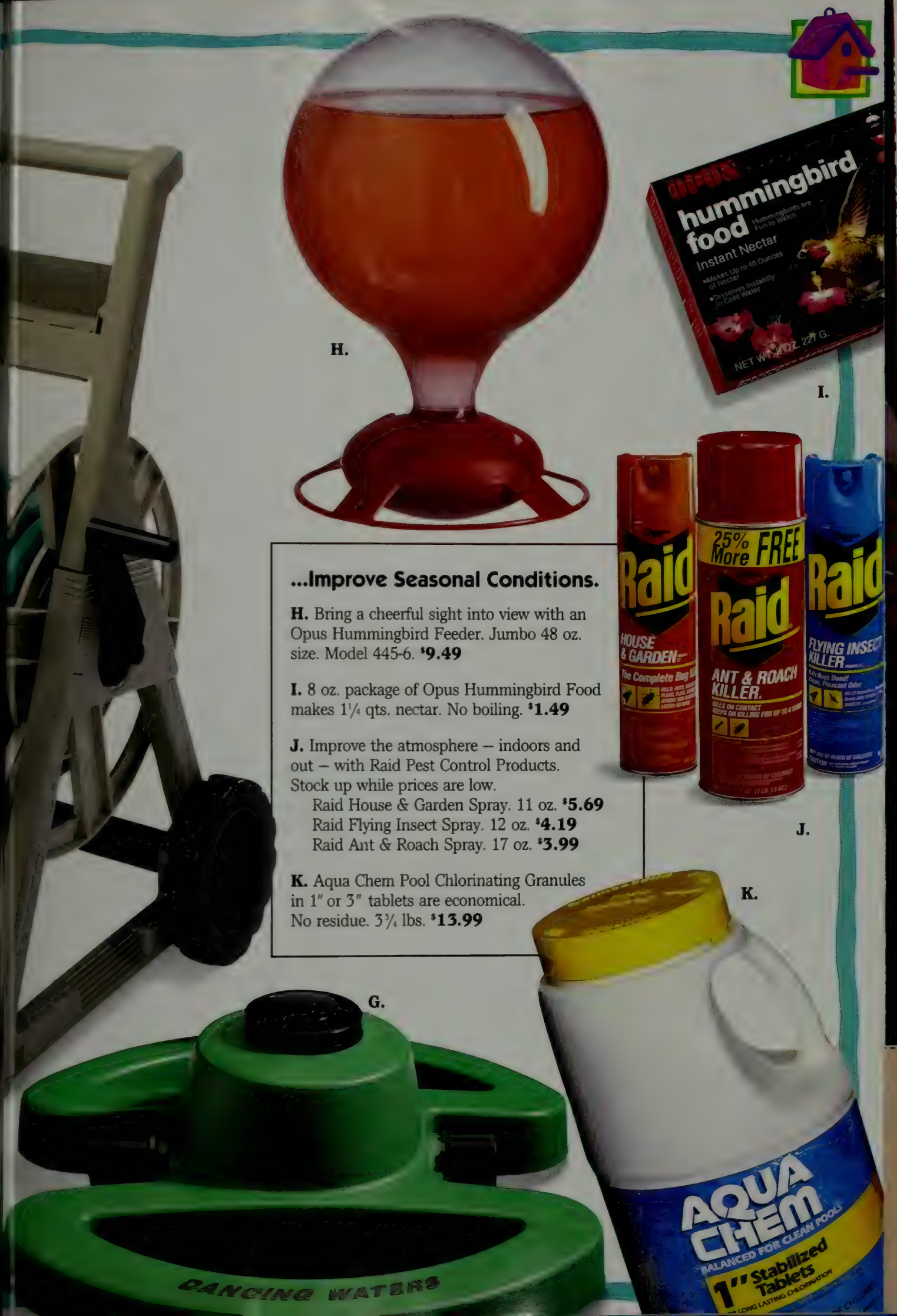
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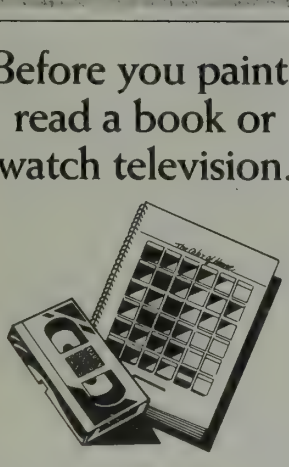
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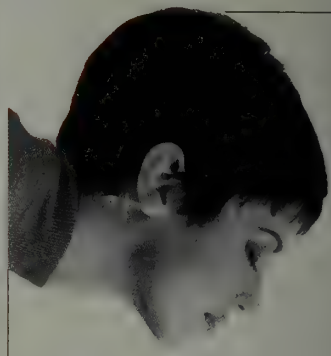
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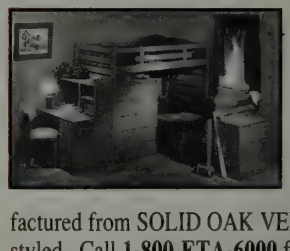
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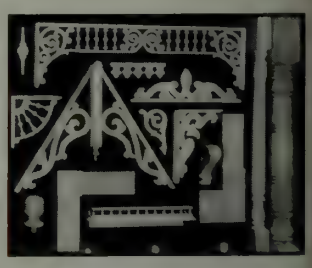


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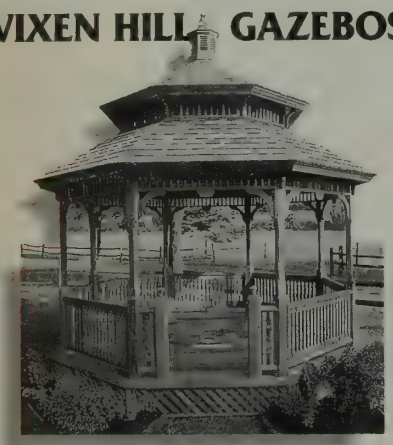
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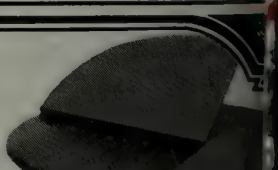
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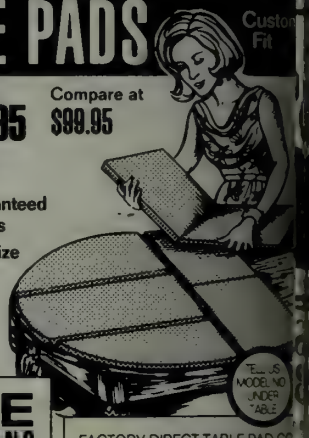
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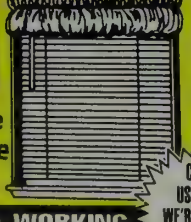
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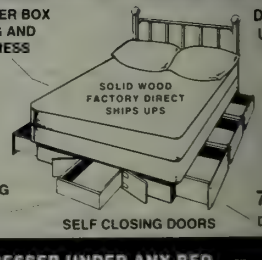
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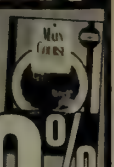
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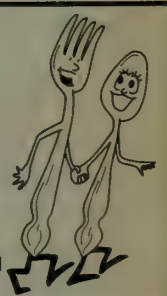
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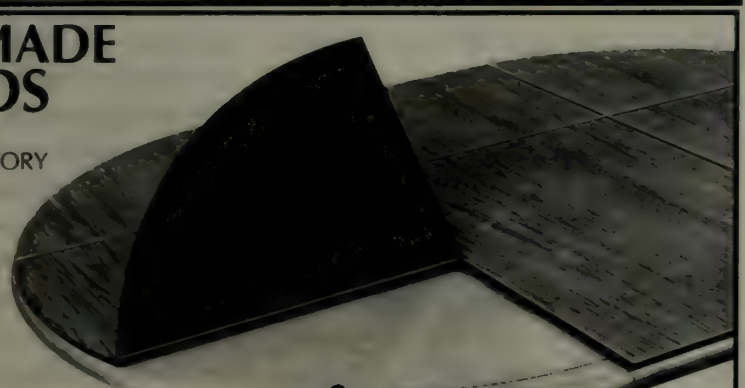
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"All those opposed, signify by saying, 'I quit.'"

Still suffering from the after-effects of the recent tax season, Elaine Cowan hopes that the government thoroughly enjoys her summer vacation this year.

Lee Bayless reports that he doesn't really mind his 45-minute daily commute between home and office. He uses the morning drive to plan what needs to be accomplished that day and the evening trip to figure out why he didn't get it done.

With football and basketball seasons long gone and the baseball pennant races far from being decided, dedicated sports fan Walt Anderson declares the greatest thing about June is that he gets to pretend he is number one for at least a couple of weeks.

Dot Dresch worries that her youngest grandson has a tendency to exaggerate and evade reality, but husband Dick insists that the little fellow will grow up to probably have a very promising career in politics.



"Happy 15th birthday, Son!"

I learned many years ago to always make note of a promising idea. I've discovered that good ideas, like good notepads, usually disappear rather quickly.

Ned Carter agrees that psychology has made wonderful strides in understanding human behavior, but he won't accept it as a true science until it can explain why people will toss a dried-out pen back into the drawer they just fished it out of.

Dick Dresch says that he's grateful to work for a company where one step forward for every three steps backward is still considered progress.

One of the more pleasant things about living in a small town, reports Uncle Dodd Buckner, is that people trust you enough to let you pump your gas before you pay for it.

The handiest household tool of all, says hardware store owner Dale Goebel, is a steady supply of cash.

~I didn't get a single tie or bottle of aftershave last Father's Day. Chris had conspired with the kids on a new gift-giving strategy. "Why don't each of you just write a letter to your Father," she suggested beforehand, "and tell him why you think he should be honored for the day?"

That Sunday morning, Rosemary commended me for helping to put her through college, and for always being available when she felt the need to chat. Burt Jr. thanked me for cheering on the sidelines at his school basketball games, and for the spring camping trip we shared.

Judy was grateful for our father-daughter fishing trips, and for making her laugh when she felt down.

I looked across the table at Chris and gave her a big smile of gratitude. Her suggestion had produced some of the best Father's Day gifts anyone could want. Neckties may fade and go out of style, but good memories endure forever.

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